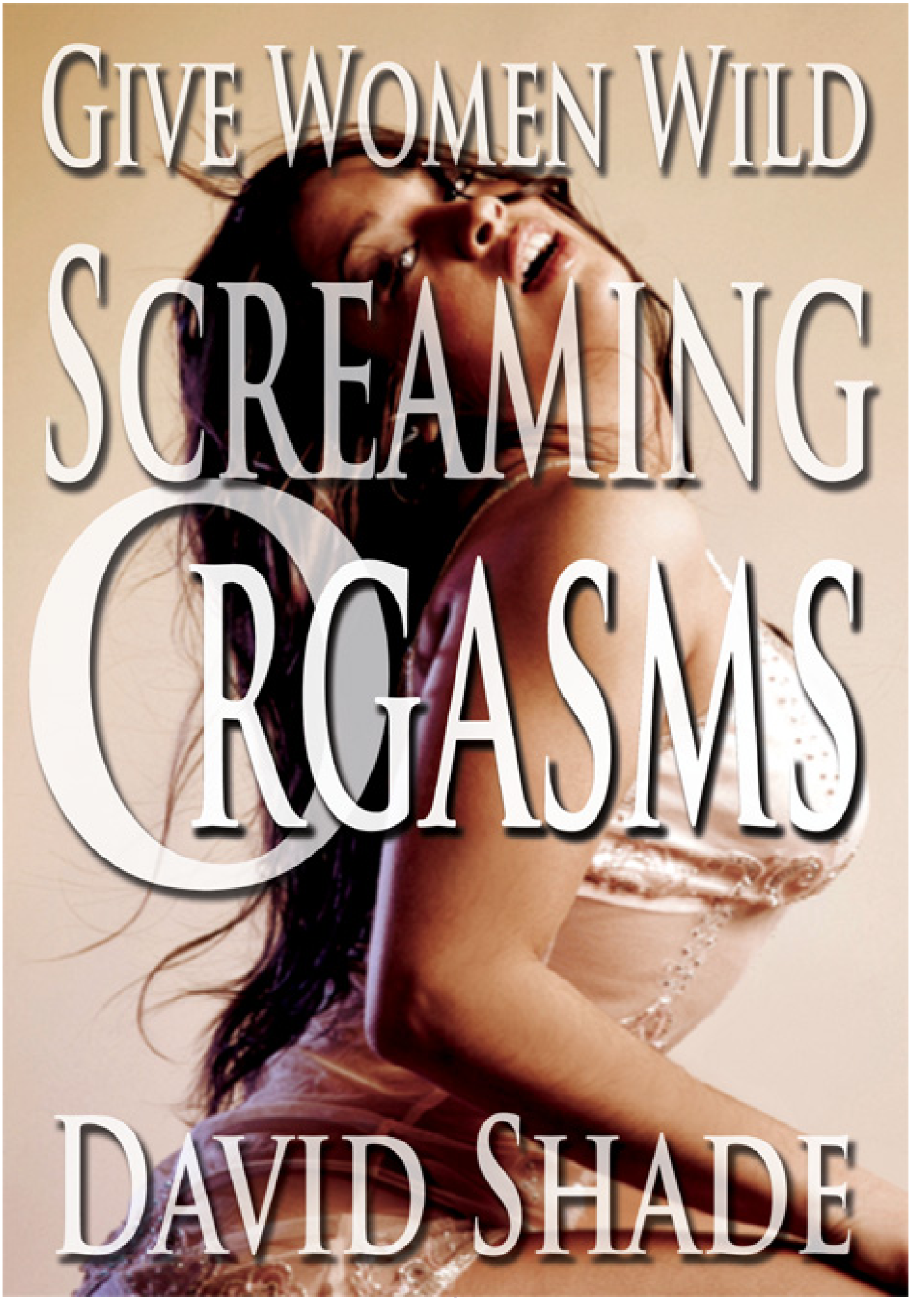

Give Women Wild
Screaming
Orgasms
David Shade

GIVE WOMEN WILD SCREAMING ORGASMS

Sexual Confidence and Sexual Techniques

To Give Women Incredible Pleasure

David Shade

Masterful-Lover.com

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Special thanks goes to Jim Thomsen for his help and his research into human sexuality at the Key West Institute for Tantra Studies.

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You must always practice safe protected sex. There are other books and resources from qualified medical professionals to teach you how to do that. This program assumes that you always practice safe protected sex as directed by qualified medical professionals.

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By reading this program you agree to all of the agreement on this page. If you cannot agree to this agreement, do not read this program and immediately return this program for a full refund.

If you do agree to the agreement on this page, then read on, play nice, give women incredible pleasure, and enjoy...

Introduction

Being a masterful lover is not about experience. There are plenty of men who are experienced but boring lovers. I know many women who divorced such guys.

Here is a letter that appeared in a national magazine. Mark Cunningham read this to his students in one of his seminars:

I'm a single average looking business man in my mid forties.

During the past three years I've slept with every married woman I have desired.

I meet them in super markets, bookstores, and record shops.

I invite them for coffee, and the rest is easy.

From these encounters, I have observed the following:

1. I've not met a woman whose husband has made love to her properly in the past six months.

2. Many of these women had never had a multiple orgasm. Two had never had orgasms until we went to bed.

3. None of these women experienced any major guilt from these encounters.

4. Most view they are neglected, and view our time as luxurious sin.

In the mean time, I've collected a casual harem.

I'm never pushy, they call me.

Can you explain why so many men are such neglectful lovers?

Signed T.G.

That letter was not to illustrate that you should go out and pick up married women. Certainly not. It is simply to illustrate that there are a lot of men who are lousy thoughtless lover.

The sobering truth is that 30% of women have never had an orgasm. 70% of women have never had an orgasm in intercourse. Over half of all women have faked an orgasm.

Being A Masterful Lover

Being a masterful lover is about knowledge and beliefs.

Knowledge in that you seek to understand and appreciate women, that you know female anatomy, that you know how to give women orgasms, and that you are educated about human sexuality.

Beliefs in that you have healthy beliefs about sexuality, that you understand that women are highly sexual creatures that crave intimacy, that you are comfortable about your sexuality, and that you are comfortable with a woman's sexuality.

Being a Masterful Lover is all about feeling alive, feeling like a man, enabling a woman to feel like a woman, and living life fully with meaning and purpose.

You love women. You are fascinated by women. You adore everything that defines a woman as woman. You derive no greater pleasure than pleasing a woman. You love nothing more than to give a woman the most powerful long lasting orgasm of her entire life.

Being a Masterful Lover is about being personally and sensually powerful.

Being personally powerful is about empowering beliefs, self reliance, a sense of deservedness, and Being The Man.

Being sensually powerful is about enabling her to enjoy everything that comes with being a woman, by expanding her envelop of sexual experiences, and bringing out in her that ruthlessly expressive natural woman.

Everything you need to completely fulfill a woman is already within her. You bring it all out in her because you command respect, you build trust, and you lead her.

But you also understand that a woman can only be as fulfilled as she believes she deserves to be. So you screen for the really worthy ones with the sense of deservedness enough to be capable of incredible pleasure.

Being Personally Powerful

Too many men seek power from outside themselves. They will part with great amounts of money in order to try to buy some magic bullet. There is no such thing as a magic bullet. Furthermore, they are not assuming responsibility for their own outcome.

Too many men are busy running around trying to get as many women to sleep with them as possible, thinking that it will prove something to themselves. But it won't, and such men end up still having the same underlying problems. They need to fix their problems before they involve real people.

Too many men entirely base their self worth on how many women say yes. That puts all the power in the women. There is nothing personally powerful about that.

Too many men see women as an obstacle to get around to get to the sex. Such men are just masturbating inside an object.

So many men place power in a woman based solely on the woman's looks. He does not even consider who she is as a person.

What you are seeking so relentlessly is nothing that comes from outside of you, it's something you already have.

There is only you. You have only you to rely on. You have only you that you can count on. And what better to work on than yourself?

But you have to believe that you deserve it.

People don't necessarily get what they want. People don't necessarily get what they need. Instead, people get what they honestly and truly believe that they deserve. In other words, people get what they expect to get.

The key to having what you want is not getting what you want, but being the person for whom getting what you want is a mere byproduct of the reality you create simply by the way you live life.

It builds a foundation of belief that is very real and a relationship with reality that is very empowering.

Get Real. Get in touch with reality. Respect reality.

Separate and differentiate a woman from her looks. All women are human beings. They just have female body parts. Appreciate the beauty of a woman, but don't give her undue credit just for her looks. Base your opinion on who she is as a person.

You like being with a woman, but you don't need her.

Do not base your self worth upon how many women agree to sleep with you. Base your self worth on what you think of yourself.

Get self validated. Believe in yourself, based entirely on what you think of yourself, not on what others think of you.

Self esteem is what you think of yourself. Ego is what you think other people think of you. To base your self image on what others think of you is to lack self esteem.

Be A Man. Stand up tall. Tell the truth. Live a life of integrity. Assume responsibility for your own thoughts and actions.

And always, respect. Command respect. Demand respect. Treat others with respect. Associate only with those who treat you with respect. Be assertive when need be. It all begins with self respect. Self respect above everything else.

What does it mean to command respect? It means that other people do not dare violate you. Other people hold you in esteem. Other people take what you say seriously. But nobody is going to have respect for you unless you respect yourself.

What does it mean to have self respect? It means that you do not do anything that would violate your own morals and beliefs, meaning you never compromise yourself. It means that you never lie to yourself, you are never in self denial, you are always brutally honest with yourself. It means you have respect for others; only a person who holds themselves in esteem is capable of holding another in esteem.

When all of the above is true for you, you have everything it takes, and all that it takes, to obtain and enjoy the aspects of life that are so important to you.

When you rely on yourself, when you take responsibility for yourself and your outcome, when you believe in yourself, then you have everything you need; you have personal power.

And all of this is critically important to sexuality. Sexuality is controlled by the subconscious mind. If there is stress or conflict in beliefs and priorities, the subconscious mind will be in conflict and the sexuality will malfunction. Only when there is balance and harmony among all beliefs and all priorities can sexuality flourish.

All Beliefs and all priorities must be congruent (in line with, harmonious.)

And because it is sexuality, it involves another person. Beliefs that come into play regarding that other person/gender must be congruent.

Being Sensually Powerful

Being sensually powerful means to understand and appreciate the sexual potential in a woman, and having the passion to bring it out in her, to bring it all to life.

To enable a woman to discover her own sense of personal and sensual power.

It is about sharing. It is about two people celebrating being human beings.

She is the feminine compliment to your masculinity. You are the masculine compliment to her femininity.

It is not about outcome, it is about complimenting each other and enhancing each other. There is nothing more natural than a man and a woman being together.

All interaction is sexual at the very core, while you respect that she wants to be treated like a lady.

Because you command respect, she takes what you say seriously. And thus she acts on what you say. Thus what you command becomes real for her. Thus she becomes responsive to you.

She knows that you can make her think powerful thoughts and feel powerful emotions. And she knows that you can realize her sexual potential. Thus you are a sexual threat. A threat in a good way.

You are capable of eliciting and validating her emotions. You are capable of building a powerful emotional connection with her. Thus you are able to make her feel powerful exciting emotions beyond anything she ever dreamed possible.

You create intimacy that is so close and so rewarding that you establish a powerful sexual connection that transcends anything she has ever experienced.

Being Comfortable With Sexuality

All of us were born sexual creatures. Everything about us is such that we may mature and procreate. And we are such that it is all pleasurable and fulfilling.

But for some of us, somewhere along the line, something went very wrong. Shame, guilt, self consciousness, or self doubt set in, and anything about sexuality became something very uncomfortable.

I considered myself very fortunate that I was raised in a loving, functional, emotionally healthy home, by parents who have high self esteem and who have always been very happy together. And thus, I have always been comfortable with my own sexuality. Typically, children raised in such homes grow up to have healthy attitudes about sexuality. This is true for both men and women.

My parents, however, never spoke about sexuality. It was just never discussed. And that's probably just as well; no bad beliefs were instilled. I learned about it just like any other young guy would do. And the fact that it was taboo made it all the more exciting. (Always leverage taboos!)

When I was 18 years old, I lost my virginity with a girl who was also 18. We were both excited, and nervous, and clumsy, and we knew we were doing something taboo, but never did we feel any kind of guilt or shame or self consciousness. We were actually very comfortable being naked together. For us it was simply two young people getting together to act all grown up, to experiment with our curiosity, to express our sexuality, and to share our desire for each other. It was a beautiful sharing experience. But we had no idea what we were doing so the sex was actually quite lame and uneventful. But with my next girlfriend, the sex was very good with regular simultaneous orgasms.

Even though I was shy about approaching girls, I was a total natural when it came to moving a date into a sexual relationship. And then in giving the woman her first orgasm. And then in making the sex really exciting. And on and on. It just all seemed to flow so easily for me. And for that I have to thank the fact that I am comfortable with my

sexuality. And for that I have to thank my parents. I consider myself very fortunate.

Not everybody is as fortunate.

Some men are not completely comfortable with their sexuality. They may feel guilt or shame about sexuality, or may be very self conscious with self doubt. This is usually the case when men were raised in a home where sexuality was something bad or shameful, or in a home were the developing boy did not have a close relationship with two loving parents.

Or tragically so, there are young men who were sexually abused by another person who themselves had unhealthy attitudes about sexuality. This is very sad and tragic, as it leaves deep long lasting emotional trauma around sexuality.

For anyone with any shame or guilt, they must realize that they are not alone. Many people feel similarly.

But the source of the conflict is very much an individual matter, unique for each person.

Such a person would greatly benefit from individualized professional counseling. Many counselors are specially trained to help such people. These counselors truly enjoy helping people; it is their chosen profession to help people. It is actually a liberating experience to work with a counselor and deal with deep underlying beliefs. It is truly rewarding to come to a place of peace and comfort about sexuality.

It is a manly masculine thing to seek help. It is a courageous thing to ask for help when needed. Just like you bring your car to the mechanic, or go to the dentist for your teeth, you can go to a counselor to help with emotional issues. Not that there is something broken that needs to be fixed, but that we as men who have not been trained to counsel, we don't really know what is wrong. We only know that we want to be healthier.

It is not some kind of admittance of blame to seek help; instead, it is an intelligent, thoughtful, and responsible thing to work with someone to help us to develop as healthy human beings.

Here is a question from a reader:

I came from a good loving home, and I know my parents meant well, but it was a strict religious upbringing and I ended up feeling shame and guilt around anything to do with sexuality.

I feel that if I try to get a woman into bed, that I am trying to get something from her or manipulate her in some way, because it is not in the context of love.

There are a lot of guys who have the same shame and guilt. They believe they have to be in love before even trying to do anything sexual.

Reality is out there for all of us to observe. Reality is telling us something. The Reality of the situation is that most women (I do not mean ALL woman, I mean MOST women) will sleep with a man on the third date, but will not decide if they love him for another six months (at least for the ones who are not needy.)

That's reality.

Most women are much more sexual than men. Most women require that they be treated with respect for the lady that they are. And if he treats her with respect, and she feels comfortable and safe with him, then she is completely comfortable with sleeping with him.

As for love, most women are completely turned off by men who fall in love with her in the first few dates, or even weeks. For her, it cheapens the concept of love. Most women understand that it takes really getting to know someone before falling in love. And that can take six months, or even a year.

(I'm talking about high quality women here, not the needy ones who need to be in love.)

The Reality of the situation is that women will not wait very long to have sex, but they will wait a long time before they fall in love. So if women don't have a problem with it, why should you?

Look at it from a new perspective. Look at it in terms of respect. Have respect for her and for her beliefs. Treat her with respect. And,

respect her desires to be a healthy expressive sexual creature who wants to be with a man who treats her with respect and who himself is also a healthy expressive sexual creature.

Your parents had good intentions for you. They wanted the best for you. They have their backgrounds and their beliefs. And you respect that about them. But they had no idea how their teachings would affect you.

They certainly didn't want you to manipulate anyone. Any parent would teach that. And they figured that if you were in love, then you would not be manipulating a woman. They only knew what they knew from their experiences.

Look at it from the perspective of respect. If you respect your woman, you could not possibly manipulate her.

In The Context Of Respect

There Is No Manipulation

Take it from a new perspective. In the living room you treat her with respect like the lady that she is. In the bedroom, you respect the fact that she wants to be fucked like the slut that she loves to be (in the context of respect.) And you respect that about her.

Getting Over Hurt

We have all been hurt. We can all think of that girl that dumped us and broke our heart. It is normal for us to take it all so personally. We only had our own perspective to view things from.

I was once hurt very badly. I had been married for 8 years. My wife and I had two beautiful children. We had built a big home in the suburbs. She was hot and we had sex every night. It was the dream come true. Then she cheated on me and left me and the kids alone and I had to sell the house. My world was shattered. Or at least I thought so at the time.

It took a long time to fully understand what had actually happened. After much research and introspection, I finally realized that the entire problem was that I had chosen wrong. She had low self esteem. Even though she had the perfect life with me, she did not believe that she deserved it, so she sabotaged it. I came to realize that I had married her based solely on her looks. I had not believed in myself enough, way back then, to find the kind of woman that I knew I had to have. So I realized my mistake and I assumed responsibility. And with that, I let go of the past, I kept only the lessons learned, and I set out on a new path for my future.

As men, we are not defined by how we have been hurt; instead, we are defined by how we make the best of ourselves.

Do not define ‘who’ you are by ‘what’ happened. Instead, simply acknowledge the ‘event’ as a lesson learned.

Know that the past is just the past. There is nothing we can do to change the past. The past is what got us to where we are now. All we can do is define our present and future. It is up to us. Acknowledge the past for what it is, and move on. There is no point in laying blame, and it isn’t going to make anything better. We must set a direction for ourselves.

Women Are Highly Sexual Creatures

This is one of the most important things men need to understand, and it is one of the toughest things for men to understand.

Women are far more sexual then men

In fact, women are far more sexual than most men can even comprehend.

I first realized this years ago. . . .

After my divorce in 1992, I felt very defeated and alone. I had custody of our two small children, and thus in the evenings I was stuck at home. So, after I put the children to bed, I turned to the telephone.

There was a small singles magazine in our area where people put in personal ads. You would read through the ads and decide which women to call. You would then call a 900 number and leave a message and your number. The ladies would then listen to their messages and decide who to call back. That was back before there was caller ID. The women could call and know that you had no way of knowing who they really were or where they lived. So there was that anonymity which gave them safety.

I picked women who were recently divorced and about thirty years old. So when they would call, the rapport would build quickly as we had much in common and much to talk about.

I also became very good at establishing an emotional connection with a woman on the telephone. These women really opened up and told me things that fascinated me. They spoke of their sexual past and their fantasies. I learned a great deal about the secret sexual lives and thoughts of women from all of those conversations. That's when I really started to understand the underlying sexual potential that exists within women.

The women were lonely. They were reaching out in the dark to talk to another human being, to have thoughtful human interaction. For many of these women, by the end of their marriage, they no longer

felt sexual. They weren't having orgasms, even by masturbating. They didn't even fantasize. There was no point in it.

For them it was therapeutic to share their secrets, even with an anonymous person. And because it was anonymous, they were completely open and honest. I became very good at getting them to open up and share. It was truly eye opening.

After having established an emotional connection with them that allowed them to feel very close to me, I leveraged that to move the conversation in a romantic direction.

And then I would move the conversation in a sensual direction. And then, finally, in a sexual direction. And fully 80% of these women, on the very first call, would engage in phone sex with me.

I continually adjusted and refined my phone sex techniques, making it progressively more realistic and effective. Just from my voice and the reality that I created in their mind with sensory rich descriptions and erotic words and eventually outright naughty vulgarity, women were having orgasms, then women were having multiple orgasms, then women were having orgasms without even touching themselves.

I became extremely good at giving phone. I was absolutely lethal. The phone would ring and I knew that within one hour another woman would be screaming in orgasmic ecstasy. It became almost routine. I'd be getting women off on the phone while I was ironing my shirts. I was leading a private life in the evenings running a phone sex line for women.

And these women were well educated professionals. Elementary school teachers, emergency room nurses, stock brokers, sales directors, fast rising corporate executives, you name it. They all had high self esteem. They came from good homes. They were the farthest thing from sluts. But when I got on the phone with them and unlocked their pent up sexual potential, they became totally slutty.

My beliefs about women were totally rewritten. I became even more fascinated with the minds of women.

Being Comfortable With Her Sexuality

Movies, television shows, stories, what other people told us, what our parents told us, all that "social programming," told us that we had to talk women into having sex. It almost made it seem as if sex for a woman was a chore she performed as a reward.

That single misguided piece of social programming had me perplexed for years.

For me it was a belief that was hindering me. A self limiting belief. I was determined to crush it by finding the truth, and then to replace that belief with an empowering belief based on reality.

During my 20s, all the girlfriends I had absolutely loved sex. It's not that they initiated it, but they would hint at it and then the moment I would initiate it, they would jump on it. And then in my marriage, my wife had to have it every single night. From my point of view, it appeared that women loved sex.

So in my phone sex phase after my divorce, I tried a cruel experiment. Some of those women that I talked with on the phone I met up with in person. We'd meet at a neutral place, have a drink, and then go to her place.

What I would do is I would get her naked on the bed, and then I'd hesitate. I'd stall for as long as I could. If she persisted further, I'd tell her "I'm not really ready for this yet" or "I think maybe this is moving too quickly." Basically, I was purposely NOT going to have sex with them, just to see what would happen.

What happened is they got PISSED! Either they'd be insulted and start sulking, or they'd cuss me out, and one woman even called me a coward! I made peace with them, got back on their good side, and then obliged them. And then they went at it to such a degree as to make themselves look selfish.

I laugh now as I remember back on it, but it proved something very important to me:

Women Love Sex!

Women actually WANT to have sex! Not as a reward to 'a nice guy,' but simply because WOMEN LOVE SEX!

That, along with the stories that women shared with me over the phone, along with all the factual evidence from reality, clearly showed that not only do women love sex, but in fact women are far more 'sexual' than men.

Further evidence of this can be found in any woman's fantasy book, such as "Her Secret Garden" by Nancy Friday. That will blow your mind. Women have elaborate intricate fantasies beyond anything men can imagine. For women, it is largely mental and emotional, and about being "taken" and "ravaged."

So, more accurately, I would say that:

Women Love To Get FUCKED!

That does NOT mean that women want to be raped. Certainly NOT! Rape destroys a woman's sexuality for life.

But in the context of consent, mental stimulation, emotional rapport, and trust, women love to be taken and ravaged like the sluts that they love to be.

Now that does NOT mean that women want to be sluts. Certainly NOT! But in the correct context, with her trusted lover, women love to become ruthlessly expressive sexual creatures.

In many cases, women are far hornier than men. One woman I knew who was in her late 30's told me "I get so damn horny! I feel like a 16 year old boy. It's not fair!" Another woman told me "It gets worse at the time I ovulate. Every man I see with a cute butt I want to jump him right then and there and ride him hard!"

Did you ever know that some women have looked at you that way? It's true! How does THAT feel? But they're not going to tell you that.

So why did all that social programming want us to believe that women didn't like sex that much? It appears that there are a number of reasons for this.

Social programming protects women from men who only want to use women for sex. If social programming trains people to believe

that women must first be in love to have sex, or must first be in a committed relationship, then women always have a defense against men who view women as just objects.

It keeps young women in check. If parents teach their children that sex is only for love and marriage, then maybe their children won't go out and have sex and get pregnant.

Interestingly, the social programming does parallel the reality of being a woman to some degree. What I mean by that is the following. Most women are sexually submissive. They do not initiate sex. Instead, they respond to their man when he initiates. And most women prefer it that way. Women are excited by the fact that their man is excited by her. Women love to be desired and "seduced" by their man. It makes her feel feminine and beautiful.

Unfortunately though, women are also victims to social programming. Social programming is interpreted to mean that any woman who loves sex must be a slut.

Even though women love sex, they'd never admit it to a stranger. It would make them appear as a slut. And it would invite advances from men who objectify women.

The advantage of all this social programming is that since it is against social norms for a woman to love sex, it makes it even more exciting WHEN a woman demonstrates that she loves sex. Anything that is taboo is even MORE exciting because it IS taboo.

To further complicate things, all of us men have been raised to be proper polite gentlemen, and we have been taught that to suggest sex to a woman would insult her because it would insinuate that she is a slut.

That piece of social programming hinders men and puts men in a predicament. A man wants to be sexual with the woman he is interested in, but he can't suggest it because it would insult her.

The woman certainly can't suggest it because that would define her as a slut. And besides, women are sexually submissive, they prefer that the man initiate.

So what are people to do?

Here is a question from a reader:

Being comfortable with my own sexuality is still a challenge. A challenge i didn't really know that i had until i came upon your stuff. that's when the big "Aha's" came to me and i realized why alot of my relationships kept breaking down at the same spot!

I am able to approach/open and build attraction with women on a consistent basis. very consistently. I get women who didn't see me coming or even know i was in the same room with them, texting me to go out and filling up my planner with second and third meets.

But that's where it ends! I never lay these girls!! People think i'm a pimp, but i'm not. I feel like these girls lose interested (literally before my very eyes) when i show hesitation to initiate and escalate physical contact with them, or kiss them, or just be dominant and show that i'm sexual (via eye contact, tonality, proximity, etc).

All of these things make me nervous, so i am kind of asexual in a way. Fuck it - I AM asexual to them, even though i am so interested! I just feel like if they knew i was interested in them sexually, they would get turned off, because "women don't like sex as much as men, right?!" (said sarcastically. But that's how i behave. It's fucking ingrained into my psyche).

Plus, to make things worst, i don't even know how to convey that i'm a sexual being to them. So the only girls i get are the forward ones who pounce on me, but have nothing else in common. The girls that i really like, like one which i lost just yesterday because of the same shit, i never get!

I'm bummed. So for a person like me, who isn't comfortable with his sexuality, where is a place to get started and see results, or work toward a goal, or something!?!

You have deeply ingrained beliefs that are hindering you. Those beliefs were created and built upon incorrect information. Maybe from social programming. Maybe shame and guilt from a strong religious upbringing. Maybe your mother beat it into your head that you should put women on a pedestal.

Maybe you think that women have to be talked into having sex. You think they don't like sex as much as men. You were bombarded with social programming that says you have to buy women expensive gifts and woo them into a relationship and then maybe you have a chance of talking them into having sex. And thus you feel like you are trying to use them or take something from them.

That information was NOT based on reality.

You need to break down those hindering false beliefs and replace them with beliefs that are empowering and BASED ON REALITY.

Look at reality. See the truth in the evidence that reality provides.

For example, why do you think all those women want to go out with you? Simple. They want to get fucked! Why? Because women love sex! And when you don't initiate, she'll go find someone who can. Why? Because women want to get fucked!

But I can tell you one thing you are definitely doing wrong. You are using a lower case i to refer to yourself instead of an upper case I. That is a sign of a self esteem that is not as high as it could be. Always make the effort to hold down the shift key to write an upper case I. You are referring to yourself. You might think it is a minor detail, but it is critically important.

Here is another question:

I have been reading your newsletter for a while now and have always found your responses insightful. I hope that you might be able to give me some advice on my problem. My problem is that I don't seem to project a strong sexual identity to women.

The women I know all admit that I am an attractive guy, that I would be a really fantastic boyfriend, etc. But none of them ever want to become involved with me. Now, I realize that they could be telling me these things in order to placate me, but I am usually good at detecting BS and tend to think they are being sincere.

I think that the problem is that I don't seem to project a strong image of myself as a sexual being. It's very frustrating, and I am not sure how to change

that. It's so bad that just the other day a woman that I don't even really know came up to me and my friends at the bar to ask if I was a virgin. Truth is, though I am not a virgin, I don't have a huge amount of experience under my belt, but that doesn't make me non-sexual. I can't really figure out how to present the sexual aspect of myself in a way that is not brutish.

I know you will ask about my relationships with my parents, and their openness in discussing sex with me during my adolescence. I tend to consider my relationships with my parents to be strong, and am very fortunate to have had a level of closeness with both my mother and father. Also, my parents were fairly frank in talking about sex with me from a fairly early age and did not make me uncomfortable in bringing up topics related to sexuality with them.

I think part of it has to do with my own lack of confidence and inexperience. I'm certainly not shy, but I don't really have a lot of success with women, and am somewhat unsure of how to project the fact that I am interested in a woman without coming across as disrespectful or a jerk.

I've always been overweight (though for the past six months I've been on a massive diet/exercise regimen that has helped bring me close to my goal) and have always been self-conscious of my appearance. On top of which, I went to an all boys high school, which meant that I didn't really know too many girls as an adolescent when most guys begin learning how to interact with women. In college I never had any success with women, and didn't have my first (and only) girlfriend until I was in graduate school.

I think that in large part it's an issue of having little confidence in myself as an attractive man as well as a fear of my own inexperience. I also am not sure how to gauge what is appropriate and what isn't. In large part, I was raised to be polite and respectful, and I don't know how to balance that with an honest admission of sexual intent. I need to learn to reveal my own sexuality without embarrassment.

What can I do to make myself more confident in my sexuality, so that I can put that aspect of my identity on the table?

You have pretty much explained what went wrong, and it appears that you know what you have to fix. And it appears that you are doing the things needed to fix those things. Keep working on feeling better about yourself, and keep on enjoying being talkative with women.

Insecurities that develop in the developing years tend to persist through adulthood, even if the source of the insecurity is fixed. You must be determined to rewrite your internal beliefs, and you must base that upon evidence from reality. You must get real.

Never allow yourself to blame your insecurities on your lack of success. Too many guys always have something to blame for their problem. That is a cop out.

And do not blame your lack of experience. Remember this:

Being a Masterful Lover is not about experience,
it is about knowledge and beliefs.

You are getting the correct knowledge by studying this program, and you are replacing your self limiting beliefs with empowering beliefs.

It is an ongoing endeavor. You will always be improving. Don't think that it will ever end, or that you will "get there." Accept the fact that you, and I, and all men who want to be fulfilled, are always going to be working on these things.

Now let's talk about knowing what is appropriate in conveying to a woman that you are interested in her sexually while still being a respectful gentleman.

I am a respectful gentleman. That is always utmost. That is never going to change. And besides, I feel good about myself in that.

But you can still be a respectful gentleman and still convey your sexual interest. There are some things to keep in mind:

1) Women are proper ladies, but are also very sexual creatures that love to get slutty.

2) Women like to know that they are attractive and desired, if they are treated with respect, appreciated as a person, and not objectified.

And finally, sex is natural. We were all born sexual creatures. And it's OK.

So, keep on treating women with respect, but start mixing in a little bit of an indication that YOU know that SHE is a highly sexual creature that enjoys being desired (in a respectful sensual way, not in a horn dog insulting way) by expressing your admiration of how she is attractive, or sensual, or similar desirable feminine trait.

I will give specific examples later in the book, but for now let's concentrate on improving your beliefs. So long as you do it in a fun way and in the context of respect, women appreciate a man who can escalate things, and they figure that if you know the rules, you probably know how to please women.

Here is another question:

I have read a lot of materials about women. I see how the process happens from meeting a woman all the way up to sex with her. I don't have a problem with sex and I don't have a problem with meeting women. It's just all the stuff in between that gets me lost most of the time. It's like a new discipline.

The funny thing is I have the discipline to run 10 miles a day and work out regularly with no problems. I'm disciplined with my finances as well. These things seem more difficult to do. But I see guys attract women constantly and for them it's so easy, and not to judge, but it doesn't seem hard to them.

Like I said, I know a lot about the game, but like everything else for me, it takes a long time for me to effectively use what I know. I have success with women. I'm just not attracting the type of girl I really want. Whenever I do get ones I really like, I always blow it. You know, "gotta get my hair done" or "lets just be friends" before anything really jumps off. I even had a super hot girl over and couldn't get a hard up!!! What's up with that man?? That really messed me up.

My question is what would you suggest to speed up my learning curve. Would this be a confidence issue on my part?? I am a good looking, muscular, 6'2" black guy. I will not get passed over for someone 6 inches shorter and twice my weight anymore. There should be none of this. I am willing to do whatever it takes to

get this fixed!! I won't live with this anymore! I'm ready to be the man!!! What do I need to do in order to speed up this learning process?

It is all about knowledge and beliefs.

You said that you had a super hot girl over but couldn't get it up. Sex is controlled by the subconscious. Your subconscious sabotaged your sex with her. That could be caused by you basing your self worth on conquests, or that could be caused by you not believing that you deserve it.

You said that whenever you get ones you really like, you blow it. The problem is that you do not 'expect' them to stay. That is due to you not believing that you deserve it. You have many internal conflicts. It is all about beliefs. Get your beliefs right and the rest will follow. Learn to believe that you deserve good women. And then 'expect' them to enjoy themselves with you.

You said you are not attracting the type of girl you really want. Do you know what type of girl you really want? Can you express it in positive terms such as "She must have ___ positive attribute, and she must have ___ positive attribute." Do you know what the really important positive attributes are?

Your high level logic mind thinks that you deserve a good woman, but your subconscious (what really matters) disagrees. Dig down deep inside and find your self limiting beliefs. Challenge them by finding truth from reality that negates them. Convince yourself that you deserve good women. Support it with facts from reality. Live your life as if you deserve good women. Accept nothing less.

Take responsibility for your own lot in life. Take responsibility for changing that. Realize that it is all up to you. You only have you to rely on. Which basically means find your own sense of personal power and build upon it.

Learn to connect with a woman on an emotional level. It is ok to do. It is a manly thing to do. An emotional connection is the lubricant that advances things to a romantic and sensual level.

Get out of your own head. Stop thinking about all the reasons why you should fail, and start thinking about why it would be good for her.

Stop thinking about what's in it for you. Think about what's in it for her.

Stop thinking about getting sex from her.

Think about giving her really good sex.

Women want sex. Women love sex. Women are highly sexual creatures. And you're the man who's going to oblige her needs!

You're the man who's going to leverage her emotional soul to connect with her, her romantic heart to entice her, her innate sensuality to excite her, and her downright horniness to satiate her, and then do it the next day, and the next, until she is delirious with pleasure, ecstatic about being a woman, totally loving life, and wildly crazy about you!

Here's another question:

If women like sex so much, as you say they do, then why do they have such "bitch shields?"

I am tall, muscular, good looking, well dressed, and well groomed, but it seems like women are somewhat defensive when I approach them.

I don't mind taking risks and I can approach women, but it's just the frustration of trying to get through the "bitch shield" is what gets to me. If women want sex so badly, why do they put up so much resistance to your approaches? I don't come off like a horndog or anything, I ask them general questions to build rapport, and tell stories about myself, but it doesn't seem to capture their attention.

I do not teach pick up, or approaching, or whatever. That is fully covered in other places. But I will speak to the beliefs involved in your email.

I have a motto: "No matter how hard the shell, they all have a soft chewy center." Which means: each of those ladies at some point are going to melt like butter under the hand of a man who knows how to lead.

Go into any bar on a Friday night. There are two nicely dressed women sitting at the bar sipping cocktails as they talk to each other. What do you see? Do you see two women ready to shoot you down?

Look at the reality of the situation. If they wanted to talk to each other without interruption, they could have done that in their bathrobes at the kitchen table. But no, they spent two hours getting ready so they could look good so they could attract men. Why? Because they want to have an exciting relationship full of exciting sex.

If you investigate further, you will probably find that one of the women is already in a fulfilling relationship, but the single one had to beg her to go out so that the single one could meet a man. They know exactly why they're there.

Female “bitch shields” are only seen by men who think they are doing something wrong, or who objectify women, or are trying to take something from women, or who base their self worth on what women think of them. In actuality, the “bitch shield” is a woman’s quick and easy way to deter such men.

But the Masterful Lover sees an opportunity. He sees the potential. He sees a woman who will melt like butter under his lead.

Here’s another question:

You say that women want to be "slutty" in the bedroom and really "let go." I'm all for that! I really want to "be the man" and be in control and talk dirty to my girlfriend, but I hesitate and bungle it because I think she's going to take it wrong or be offended or feel like an object.

I really want her to enjoy the sex and I really want to be good in the bedroom.

From your email, it is clear that you are already bought into the concept that she would enjoy it. You already understand that women respond powerfully to a man who is "in control." You already understand that it allows her to "let go" and get "slutty."

All very true.

But even though you KNOW it's true and you are in complete logical agreement with the facts, you don't do it.

What a shame. You're missing out on all that is possible.

And it's all because of your own hindering beliefs. You think you would not be treating her with respect. You think it would be disrespectful.

As you recall, I talk at great length about respect. Everything can be measured against the word respect. But it has to be from the correct perspective.

Look at it this way...

In the living room, you treat her like a lady. Also said as: You treat her "with respect." All very good, and very important (at least for the high self esteem women.)

But in the bedroom, have RESPECT for the fact that she is a highly sexual creature that WANTS to get SLUTTY! Also very true (especially true for the high self esteem women.)

RESPECT that about her. Have respect for her wishes.

Let me bring your attention to one phenomenon that will change your entire outlook on being "in control" in the bedroom:

During heightened sexual arousal

EVERYTHING you say is taken in a

COMPLETELY DIFFERENT context

Live by those words.

What that means is that when she is feeling very sexual and highly aroused, things that may otherwise sound very disrespectful, will NOT be taken as disrespectful. In fact, they will actually INCREASE her excitement.

But you have to do it with absolute conviction. if you don't, the dirty talk will crash and burn.

To do it with absolute conviction, you have to be comfortable with the fact that she is a highly sexual creature. And to be able to do that, you need to be comfortable with sexuality.

Sexual Techniques

Obtaining the proper knowledge, based upon facts from reality, is the way to empowering beliefs.

The most important knowledge to obtain, that will improve beliefs the most, is the knowledge to give women incredible pleasure.

When you know that you can give women sexual experiences beyond anything she has ever imagined, you massively improve your confidence.

Confidence is a belief in yourself. A self assuredness based upon knowledge based upon facts from reality.

You are obtaining that knowledge by studying this program. And you came to the right place.

Years ago I wished there had been a book that I could go to that would tell me the really important things to know about how to give women awesome sex.

After my divorce in ’92, I set out to figure out what went wrong and how I would never make that mistake again. I read every divorce recovery book there was. That got me very interested in the psychology of relationships. So I read every relationship book there was out there.

And during my phone sex stage, I was curious to find out what it takes to be an amazing lover. These women would tell me of some of their lovers in the past and how it was so exciting. I simply assumed that it was because the guy had a big dick. So I would outright ask these women: “Why? Did he have a big you know what?” And every single one of the women said: “Well, actually, no.” In fact, a number of women told me how they grew tired of their husband because he had a big dick and kept ramming her with no concern for her pleasure.

So it was something else. I was determined to find out.

Unfortunately, these women didn’t really know what it was about the exciting lovers in their past that made it exciting. They’d tell me that it was because the guy was amazingly good at oral sex, or

something like that. But I could tell in the way that they spoke that they really didn't know, they were just trying to pin it on one specific thing.

I became evident to me that the women had simply been swept away in the experience. I extracted information about their stories and started putting the pieces together myself.

At the same time, I started going to the night clubs on the weekends. I needed the validation that I was still attractive to young women, because after my divorce I felt old and used up. But I was surprised at how well some of the young women responded to me.

But about half of these young women were not having orgasms. I figured that the reason was because I was making love to them the same way I had been making love to my wife for many years. It worked while we were married, but it was not working on these one night stands. And it was not working like the phone sex thing was. It was because of the clumsiness of the one night stand, and the fact that it was reality, not fantasy. So I decided to incorporate more cerebral stuff, and I was going to learn some new sex techniques.

I was on a mission. I was going to learn what it takes to be an amazing lover.

But I was very disappointed in the sexuality books. They only talked about sexual positions, or they'd spend twenty pages just talking about how to lick the clit, or they'd require you to memorize the names of 200 East Indian Gods. Or worse, they'd talk about "Mars" and "Venus" and about "communication" which reeks of wimpyness. I am all for communication, and especially for emotional intimacy, but it must be in the context of respect. Your woman must have respect for you in order to take what you say seriously.

In order that you give your woman mind blowing sex, you must command respect with her. You will be giving her commands to do things that stretch her existing boundaries. Thus, her respect for what you say must override her own self consciousness and self limiting beliefs.

I tried some of the suggestions in the various books, which had various successes. Then I would try variations, and have better success. Then I figured I'd just start trying things of my own design.

GIVE WOMEN WILD SCREAMING ORGASMS

It all started to gel in 1993 when I was dating a 22 year old woman who had never had an orgasm. Nothing I did in the bedroom was bringing her close to an orgasm. So I just relaxed and just tried things to see how she would respond. That's when I fell upon the deep spot and gave her her first orgasm. I will discuss the deep spot in detail in a few pages. And it worked amazingly well on other women who had never had an orgasm. And on other women, it would be something else I tried that would give her her first orgasm. Things really started to come together.

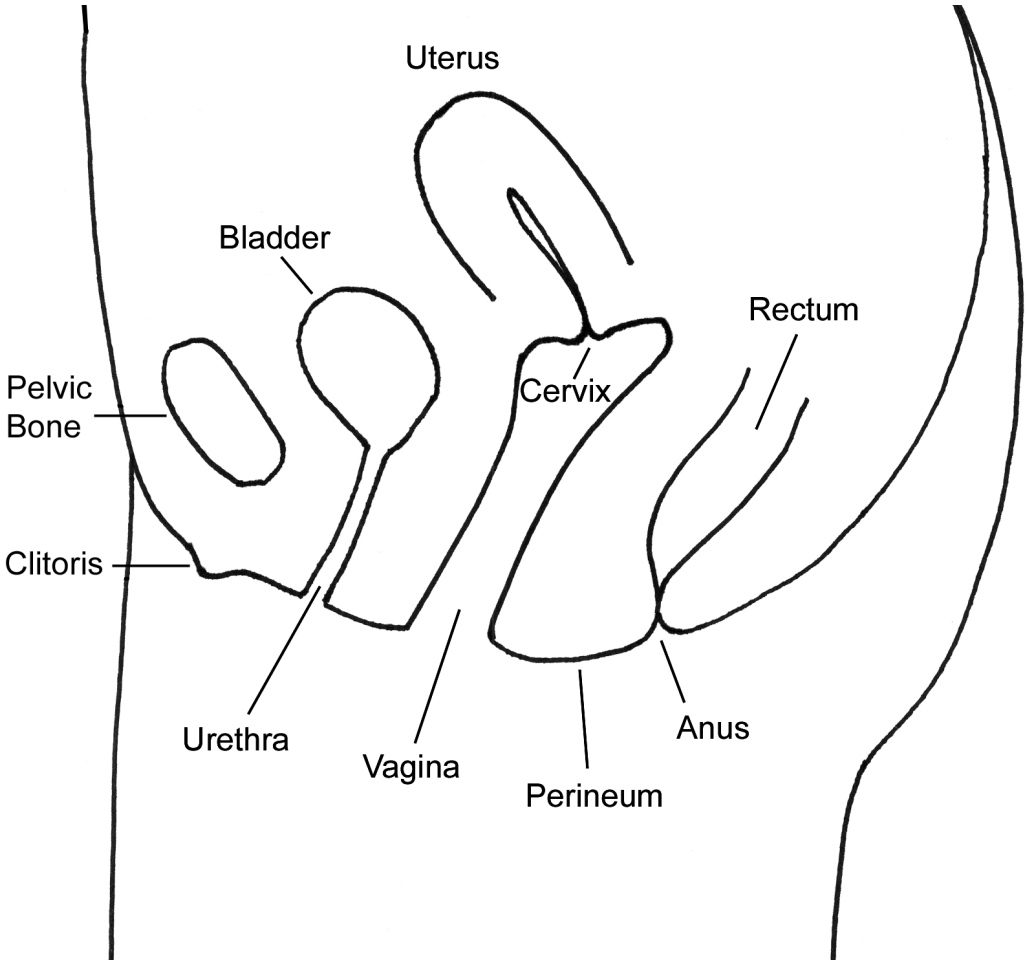
Then I would give women their first orgasm in intercourse. Then I would give them their first multiple orgasm. It was like there was no limit to what could be done. And I knew I could make it so for most any woman I met.

It got to the point where when I would be talking to a woman that I just met, I'd be thinking in the back of my mind: "She has no idea just how hard she is going to come for me. She has no idea how many times she is going to come for me. She has no idea just how sexual she is going to be for me."

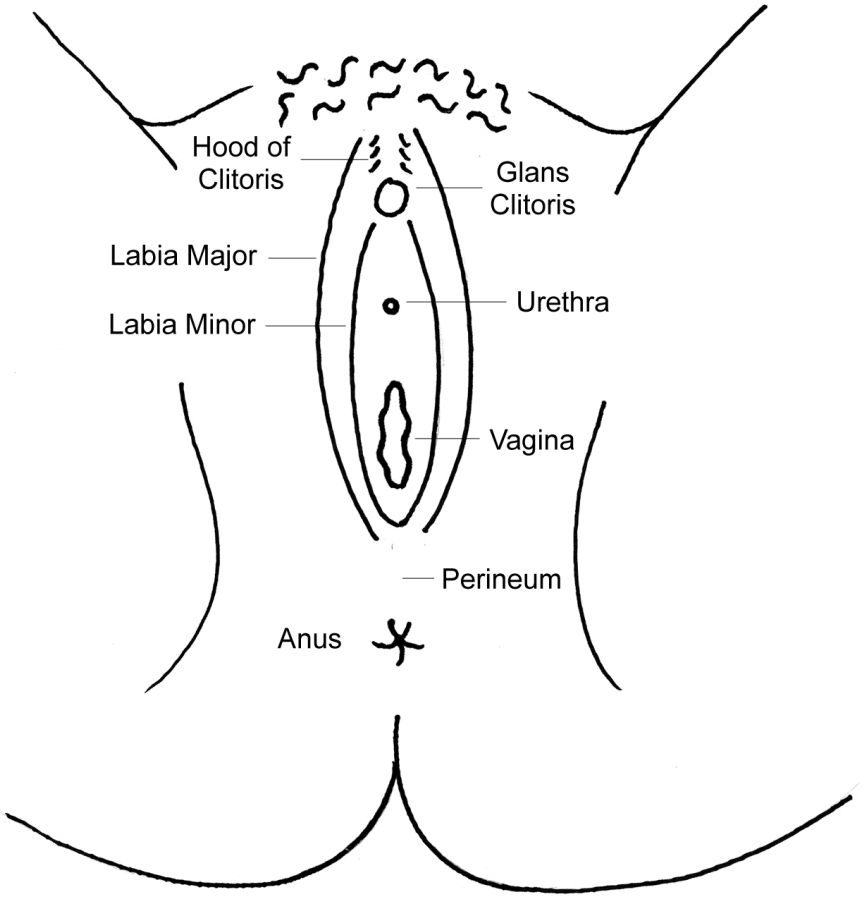
Now let's get into the sexual techniques. Let's start at the beginning, with female anatomy.

Female Anatomy

To begin, you must first know female anatomy.



Side view of female anatomy



Pelvic view of female anatomy

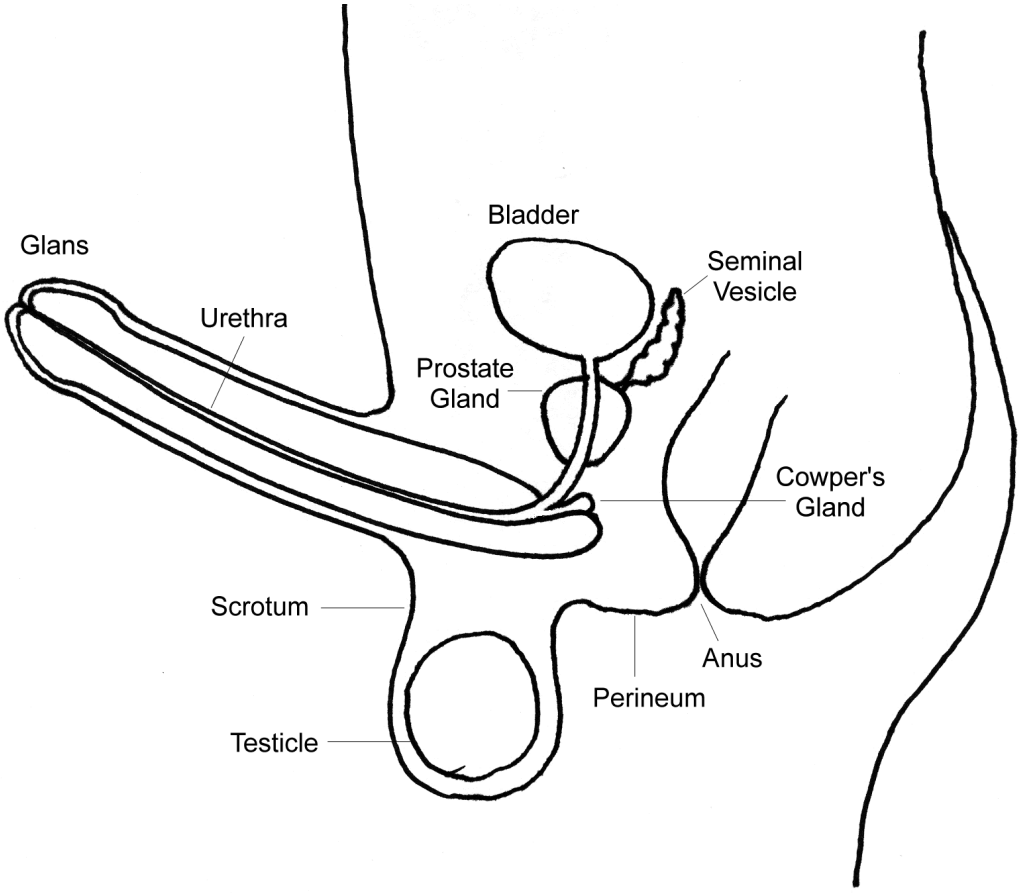
The clitoris is rich with sensitive nerve endings. It is by far the most sensitive tissue of a woman's sex organs. About 70% of women achieve orgasm from clitoral stimulation.

The vagina is the next most sensitive. But the sensitivity of it varies within, some areas being more sensitive than others. Only about 30% of women achieve orgasm from vaginal stimulation alone.

The bladder has a small sphincter muscle where it connects to the urethra, which tightens up when the person is aroused. Just like you can't urinate when you have a raging boner, a woman can't urinate when she is aroused. This point is important when we discuss female ejaculation.

Male Anatomy

We are going to discuss male anatomy here because we will later make comparisons of it with female anatomy, for reasons that will become clear later.



Side view of male anatomy

At the time of arousal, the Cowper's gland secretes a lubricant into the urethra to facilitate the passing of ejaculate. Sperm passes from the testicles to the prostate gland via the Vas Deferens (not shown.) Ejaculate is produced by the Seminal Vesicle and passed into the Prostate gland. A sphincter muscle at the base of the bladder blocks the passage of urine into the urethra.

At the time of ejaculation, the Prostate Gland pumps the ejaculate, including the sperm, down the urethra and out the tip of the penis.

Men typically have one type of orgasm, the penile orgasm. It corresponds to a female clitoral orgasm. There are other types of male orgasms, but that is left for a different program.

Typically for a man, orgasm and ejaculation are one and the same. But in actuality, they are two separate things. On one hand, some men ejaculate before they even have an orgasm. And on the other hand, stage hypnotists have for a long time been giving their male and female volunteers instant orgasms on command right there on stage. No sexual stimulation build-up required. No ejaculation as a result.

Most men typically have one ejaculatory orgasm, and then go into a refractory stage. This is because at the time of ejaculation, a chemical called prolactin is secreted by the pituitary glands. This chemical causes loss of erection, loss of interest in further sexual activity, and drowsiness.

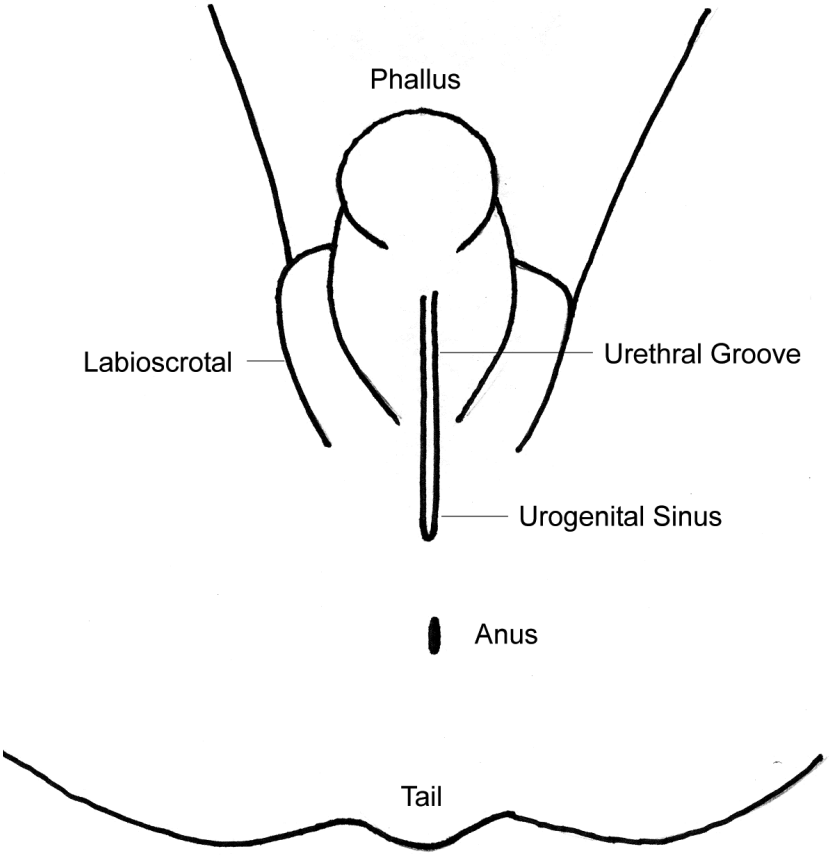
Prolactin is secreted as a result of ejaculation, not orgasm. It's not because energy is lost in the ejaculate, it's because of that damn prolactin that is secreted at the time of ejaculation.

There is a small minority of men who do not secrete prolactin at the time of ejaculation. They do not go into a refractory stage, and thus have multiple ejaculations in one night, each being about half the volume as the previous. I have met some of these guys in the swinger community and watched them in action. They are machines.

Women actually secrete prolactin at the time of female ejaculation as well, but the hormone does not cause any refractory symptoms in a woman. This is why women are capable of many orgasms in one night.

Fetal Tissue

In early fetal development, from about 5 to 7 weeks, both male and female genitalia are identical. They begin the same, but then develop differently.



View of 7 week fetus external genitalia

Not drawn to scale

In the female genitalia, the phallus, what appears to be a small penis, stops developing and becomes the clitoris. In the male genitalia, it continues to grow to become the penis. (This explains why women have a clitoris, which has been a mystery to most people.)

In the female genitalia, the labioscrotal becomes the labia. In the male genitalia, it becomes the scrotum.

The urogenital sinus develops into the vagina in females, but closes up completely and does not develop in males.

The gonads (not shown) develop into the ovaries in females. In males they develop into the testicles and descend into the scrotum.

Females develop a uterus (not shown.) The uterus in males does not develop. It remains microscopically small. (Yes guys, you actually have a uterus.)

Males develop a prostate. Females actually have one too, it is called the paraurethral Skene glands. It also happens to be the G-spot.

The corresponding tissue between the two genders:

Female	**Male**
clitoris	penis
ovaries	testicles
labia	scrotum
vagina	(never developed)
Skene glands	prostate
uterus	(never developed)

Female Orgasms

What is the purpose of the female orgasm? Simple. When women are naturally wired to become excited and then highly gratified by sex, it is much more likely that they will be active and avid participants in the preservation of the species. The physical purpose of the female orgasm is to cause muscle contractions to pass sperm through the cervix to enter the uterus.

Now that was easy. The hard thing to understand is why many modern day women don't have orgasms.

30% of women have never had an orgasm. What percentage of men do you think have never had an orgasm?

70% of women cannot orgasm in intercourse. What percentage of men do you think can't orgasm in intercourse?

How grateful do you think a woman will be when you give her her first orgasm? Or her first orgasm in intercourse? Most grateful!

How can you tell if a woman is having an orgasm? For most women, it is very obvious. They sound and act a lot like you do when you come.

But some women are very quiet when they have an orgasm. They are not expressive for any one of a number of reasons.

And many women outright fake an orgasm with her man during intercourse. This is to avoid making him feel inadequate, but often times it is just to get the sex over with because she is bored and it is starting to hurt.

Never ask a woman if she has had an orgasm. NEVER. It is your job to know without asking.

The true test to know if a woman has had an orgasm, is to place the tip of your pinky finger in her anus. If she actually has an orgasm:

Her anus will involuntarily contract.

There are many types of female orgasms. The two most popular are the clitoral orgasm and the vaginal orgasm.

The clitoral orgasm can be achieved by rubbing her clitoris with your finger, or by licking her clitoris with your tongue.

The vaginal orgasm can be achieved by intercourse, or by using your finger or a dildo to rub the inside of her vagina.

For women who can have a clitoral orgasm but not a vaginal orgasm, they will see to it that their clitoris gets stimulated somehow. It allows them to have an orgasm during intercourse, but requires clitoral stimulation and results in a clitoral orgasm.

But all physically and mentally healthy women are capable of having both a clitoral orgasm and a vaginal orgasm, either separately or at the same time.

Do not let a woman's previous lack of orgasms limit your determination to give her massive multiple clitoral and vaginal orgasms.

For women who do have orgasms, most of them had their first clitoral orgasm when they were little girls about age 6. Sometimes it was caused accidentally, such as from sliding down a pole or banister. Sometimes it was from the shower when the water hit her just right. Usually it was from just experimenting with herself.

The Clitoral Orgasm

Most women use their finger or a vibrator when they masturbate. They usually have a favorite way to do it that they have become very accustomed to.

You can masturbate her in the same way. It will always feel better when you do it than when she does it. At least if you do it right. Be secure enough in yourself to ask for feedback. Ask if you should go a little slower, or a little faster, a little higher, or a little lower. Watch her carefully to gauge her.

But the one thing that women just love is getting oral sex, when her man goes down on her. Cunnilingus.

Fish Lips Cunnilingus

For proper cunnilingus, stick out and stiffen your upper lip. This supports the clitoris from above. Then stick out and stiffen your lower lip. This supports the clitoris from below. And then lick the clitoris up and down with your tongue.



This supports the clitoris from above and below, and provides more stimulation, and thus a more pleasurable and memorable experience for her.

The Hummer

After you lick her to the point where she is very aroused, then you make your lips into an “O” shape, and you suck her clit into your lips. Then hum while sucking her clit in and out of your lips. Drives 'em wild!

The "Nip it in the bud" technique

This is a method of stimulating the clitoris by basically grabbing it between the tips of your forefinger and thumb. You hold the entire length of the clitoris between your thumb and forefinger and slide it up towards the patch and down towards the vagina.

Hold her labia open with the thumb and forefinger of your left hand, and then place the thumb and forefinger of your right hand on either side of her clit and hold as much of it between your fingers as you can gather.

Use half inch strokes in a direction up towards her patch and down towards her vagina. This will feel incredible for her and give her a powerful clitoral orgasm.

On later occasions, move your thumb up while moving your forefinger down, and then the thumb down and the forefinger up. It is kind of like rotating the clit. This may feel even better for her.

Then the next time you are with her, get her clit really excited and press your thumb and forefinger down hard in order to grab as much of her clit as possible. When she is really excited, her clit can actually take being handled more aggressively. Then pull the clit up in a direction away from her body and then down towards her body. She will instantly love this. It will feel as if she has a cock and it is getting jacked off. Of course, this will send her ballistic and give her a spectacular clitoral orgasm.

The Welcomed Method

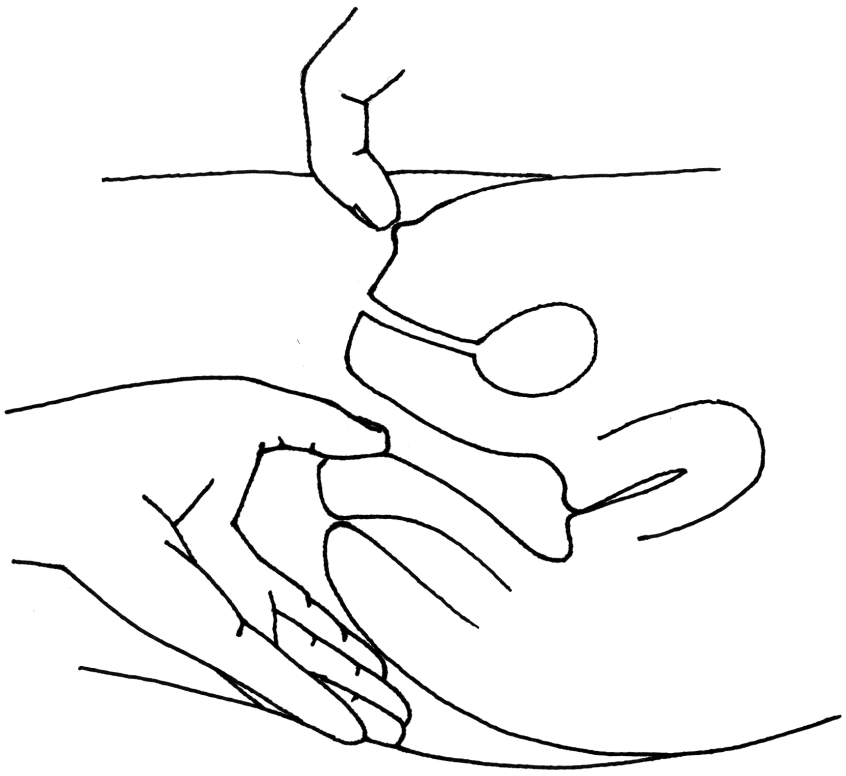
I learned this from a sexuality research group in San Francisco called "The Welcomed Consensus." You can find them at welcomed.com.

I viewed a video from them called "Deliberate Orgasm." The guy in the video showed how you must directly touch the naked tip of the clitoris at its one o'clock position (as looking AT the clit) with the tip of your index finger. If you don't understand that, you can just rub the very tip of the clit and you will pretty much get the same results.

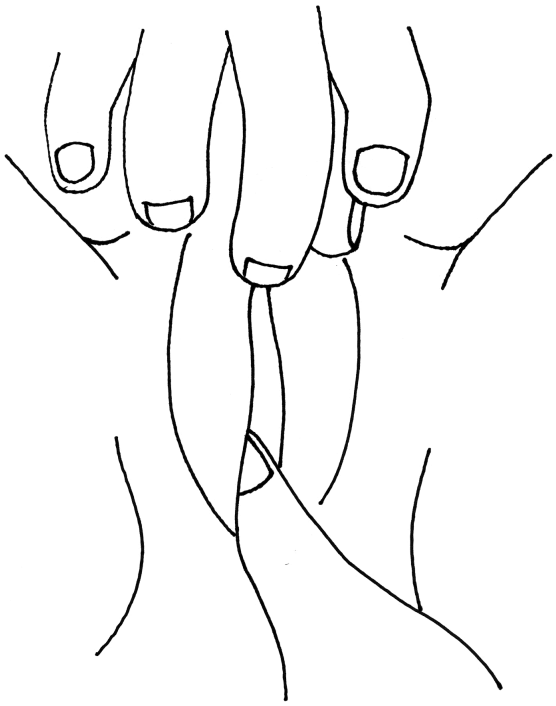
In the video he demonstrated on a woman. He rubbed her for about 10 minutes. All the time she was orgasmic, but she never "came." I would not recommend that. I have a variation to that below.

Have your woman lie on her back. Apply Astroglide lubricant to your hands and to her clitoris. Astroglide is a name brand lubricant. It can be found in most any drug store. You must avoid micro scratches.

You sit to her left side and place your left arm under her left leg. Put your left fingers under her ass and press your left thumb on her perineum (between her vagina and her anus.) This makes her feel secure and anchors the clitoris.



Then place the palm of your right hand on her pubic hair. Place the tip of your right index finger to the tip of her clitoris. If you prefer, you may use the tip of your middle finger. While the tip of your index finger barely touches the tip of her clit, you rub. The rubbing is to be done with the tip of the index finger pointing straight at the clit. The strokes are about one half inch and at a frequency of about 2 strokes per second.



Continue this stimulation. Remember, the tip of your finger should just barely touch the tip of her clit. This will feel so incredible for her.

Now here's what you do to make it really powerful. You tell her to relax. You continue the stimulation while continually telling her to relax and just feel the pleasure.

She will be in continuous total ecstasy.

You can be sure that this is different than anything she has ever experienced before.

Even when she gets really close and wants to come, tell her not to. Lighten up on the stimulation if you have to. Tell her to relax and tell her to continue to enjoy the pleasure that you are giving her body. She will be begging you to let her come.

Then, after an appropriate amount of time, tell her the following:

You: "I love giving you pleasure. And in a moment, I am going to give you an orgasm. Do you want to have an orgasm?"

Her: "Oh God Yes!"

You: "How badly do you want to come?"

Her: "Oh God! So Bad!"

You: "When I say the words 'Come Now' you will instantly have an orgasm."

Then you make the stroking firmer to give it more stimulation, and then you say to her in a commanding voice: "Come Now!"

She will have an explosive orgasm. While she is coming, further plant the command for her to come. This associates your voice, telling her to come, with her orgasm.

Here's the key point: To her, from her perspective, it will appear as if:

Her explosive orgasm was caused by

YOUR COMMAND!

This demonstrates to her that her sexuality is brought to life when she surrenders herself to you! It benefits her for her to follow your commands, and to do as you say.

When she surrenders to you,

she becomes MORE sexual.

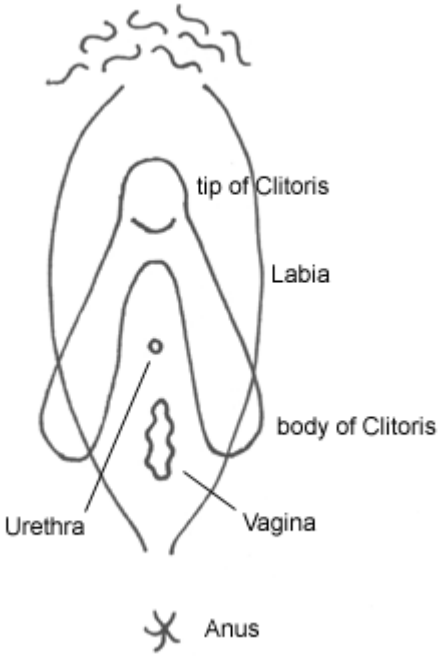
This also commands respect. She takes what you say much more seriously now. And as a result, she has more respect for you!

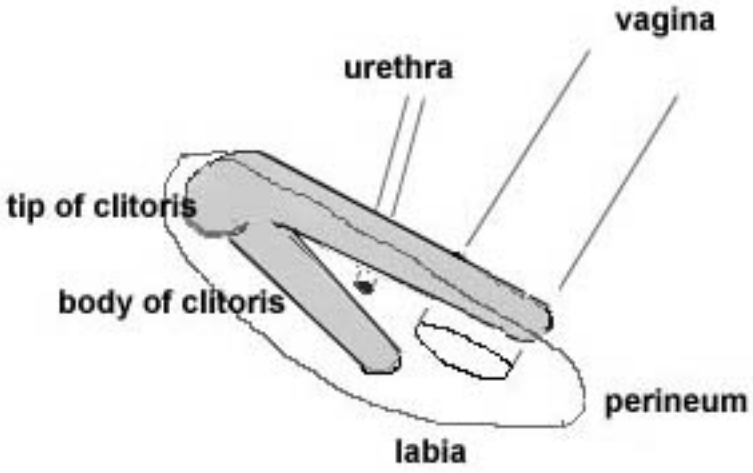
Remember, it's not that you make her come, it's that you have a lot to say about WHEN she comes.

Do you see how this is all so very powerful? It is effective sexual techniques enhanced by effective mental techniques.

The Body Of The Clitoris

The tip of the clitoris is just the tip of the iceberg. The body of the clitoris extends down in a V shape to either side of the urethra and opening of the vagina, just under the labia.


tip of Clitoris
Labia
body of Clitoris
Urethra
Vagina
Anus


vagina
urethra
tip of clitoris
body of clitoris
perineum
labia

Have your woman lie on her back with her legs open and knees bent. Sit next to her waist facing her feet. Use your thumb and forefinger of your left hand to hold open and apart her labia. Then use your ring finger and middle finger of your right hand, with the tips of the two fingers a little more than an inch apart, and lightly press the pads of your fingers against her skin under her labia. Slide your right hand up and down on either side of the opening of the vagina. This will put pressure on the skin over the body of the clitoris. It is best when used with Astroglide lubricant.

This stimulation will give her an orgasm that will feel like a blend of both a clitoral and vaginal orgasm.

Interestingly, a few women masturbate like this.

Certainly no man has ever done this to her before. And she will be quite surprised, and pleased, to feel it.

The U Spot

The area between the clitoris and the vagina, which includes the opening of the urethra, is called the U spot.

Many women find stimulation of the opening of the urethra to be irritating. But some women absolutely love it.

With one woman that I was dating, we were lying next to each other and talking and touching after making love. I was touching her pussy and enjoying how wet she was. I slid her wetness up towards her clitoris. I started lightly rubbing my finger up and down between her vagina and her clitoris, without going as far up as to actually touch her clitoris. Interestingly, she responded very nicely to this.

I continued. She said, "David, you make me feel so wonderful!" Then she had another orgasm.

Begin by spreading her vaginal lubrication up over her urethra, almost to her clitoris. Use lots of lubrication. Feel free to use Astroglide.

With lots of lubrication, to make it very slippery, and to avoid scratches, lightly rub up and down, just touching the opening of the vagina on the way down, and just touching the bottom of the clitoris on the way up. Use light pressure.

The U spot can be used for extended orgasms, because it does not touch the tip of the clitoris which becomes too sensitive after an orgasm.

The Vaginal Orgasm

The vaginal orgasm is the female orgasm caused by stimulation of the vagina. Women describe it as "deeper" and "more fulfilling" than the clitoral orgasm.

While 70% of women have had a clitoral orgasm, only 30% of all women have ever had a vaginal orgasm.

Most women have used only clitoral stimulation when they masturbate. In fact, through years of masturbating only their clitoris, most women have become dependent on their clitoris to have an orgasm.

And then when she is with a man, and they have intercourse, she doesn't have an orgasm.

Why most women never have a vaginal orgasm could be due to any number of reasons, but for many women, it is because she just doesn't believe that she is one of "the fortunate ones."

That is what we call a self limiting belief.

It has been said by many people that a woman needs clitoral stimulation to have an orgasm. That is not true. A woman can have an orgasm from vaginal stimulation alone, with no touching of the clitoris. A woman can have an orgasm from anal stimulation alone. A woman can even go to a stage hypnosis show and be given an instant orgasm on command with no stimulation whatsoever. There is absolutely nothing that is keeping a woman from having a vaginal orgasm except her own self limiting beliefs.

Any physically and mentally healthy woman
is capable of a vaginal orgasm

with only vaginal stimulation.

Now let's discuss forms of vaginal stimulation. . . .

The G Spot

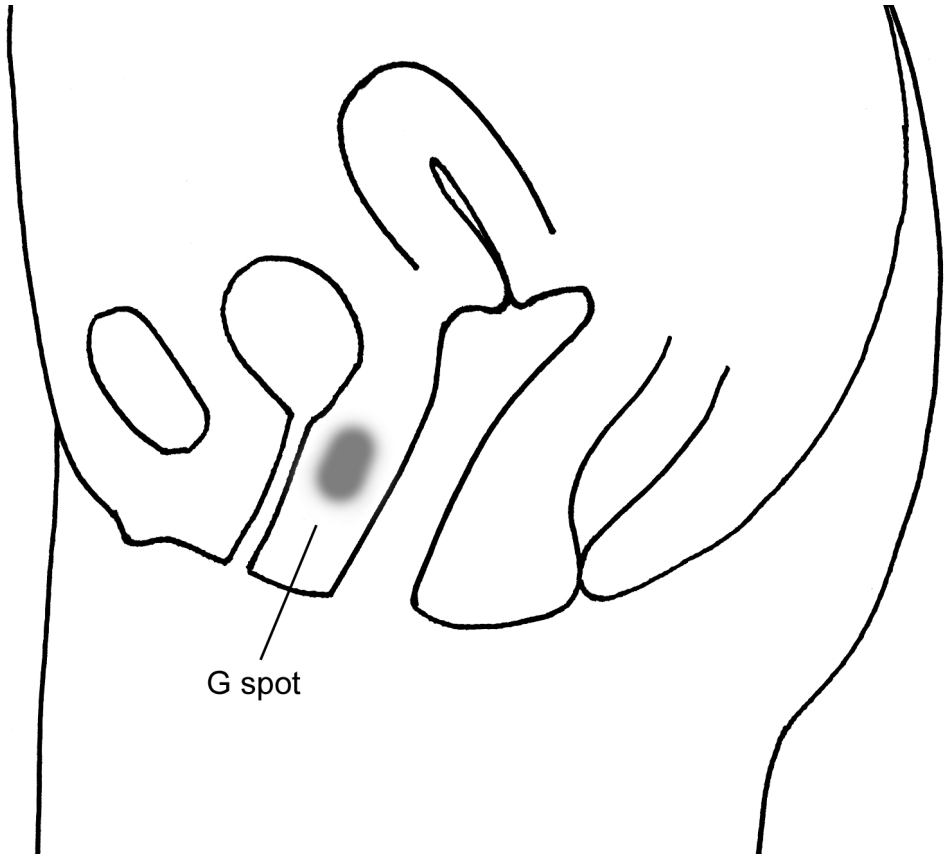
In 1880, Dr. Skene wrote of paraurethral glands (on either side) of the female urethra.

In 1944, Dr. Grafenberg and Dr. Dickinson wrote about an erogenous zone in the tissue located between 1) the front wall of the vagina and 2) where the urethra meets the bladder.

In 1950, Dr. Grafenberg wrote that this area enlarges with sexual stimulation and swells during orgasm.

In 1982, R.N. Whipple and Dr. Perry proposed that the G spot is the Skene glands, or basically, the female equivalent of the male prostate.

The G spot is about 1 ½" to 2 ½" inches inside the vagina along the front wall.



There has always been great debate as to where the G spot is. Many have asked if it even exists. It most certainly does. But most people do not elicit a response from it for any of a number of reasons. Maybe the trust is not there. Maybe the man does not command respect. Maybe she has a mental block against having a vaginal orgasm. On and on.

For women who respond very well to G spot stimulation, they know exactly where it is. They usually have a favorite sexual position so that their man's penis can hit their G spot just right.

The generally suggested way to stimulate the G spot is to use your index and middle finger. Go in to about the second joint. Press against the front wall of the vagina. Pump towards the front.

If a woman has had G spot orgasms before, she will have a very specific way for the spot to be stimulated. For women who have not, it is important to gauge her response to various stimulation methods.

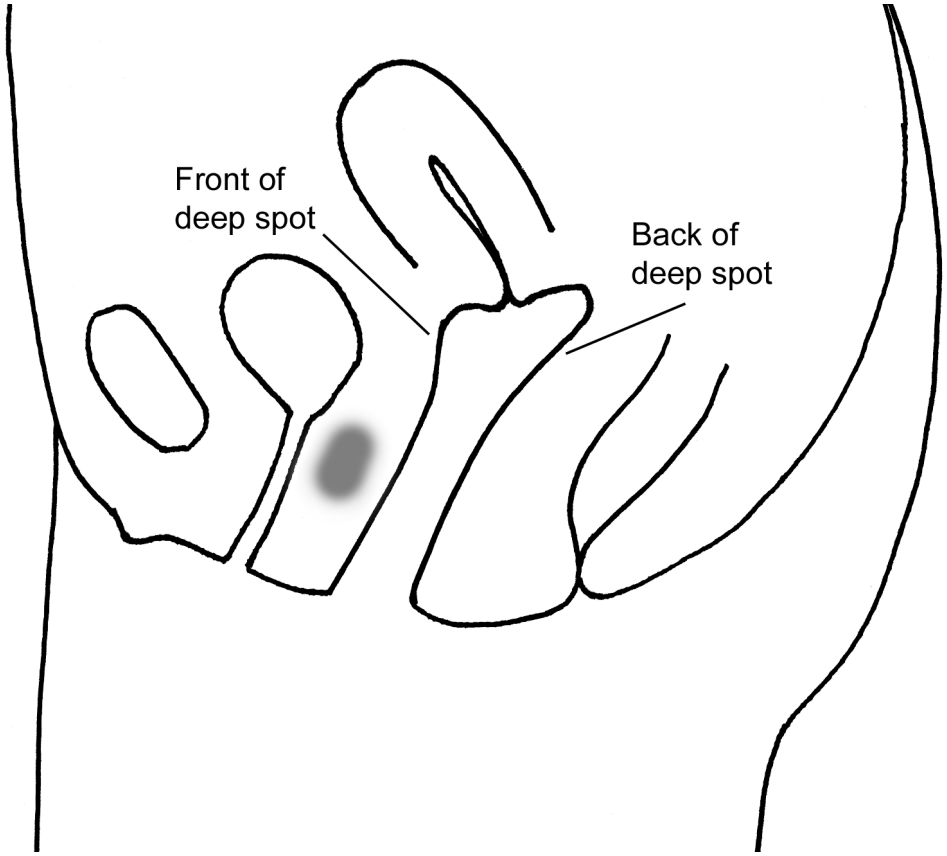
G spot stimulation is generally considered the most recommended way to stimulate a woman to ejaculate. More about female ejaculation later.

The Deep Spot

At its greatest depth, the inner diameter of the vagina increases. This area is no longer spongy, but instead smooth.

This area is called the "cavity of the cervix." This area is shaped like the underside of a Frisbee, with the cervix in the center pointing downward. The outer edge of the Frisbee defines the deepest points of the wall of the vagina.

The deep spot is about 3 ½" to 4" inside.



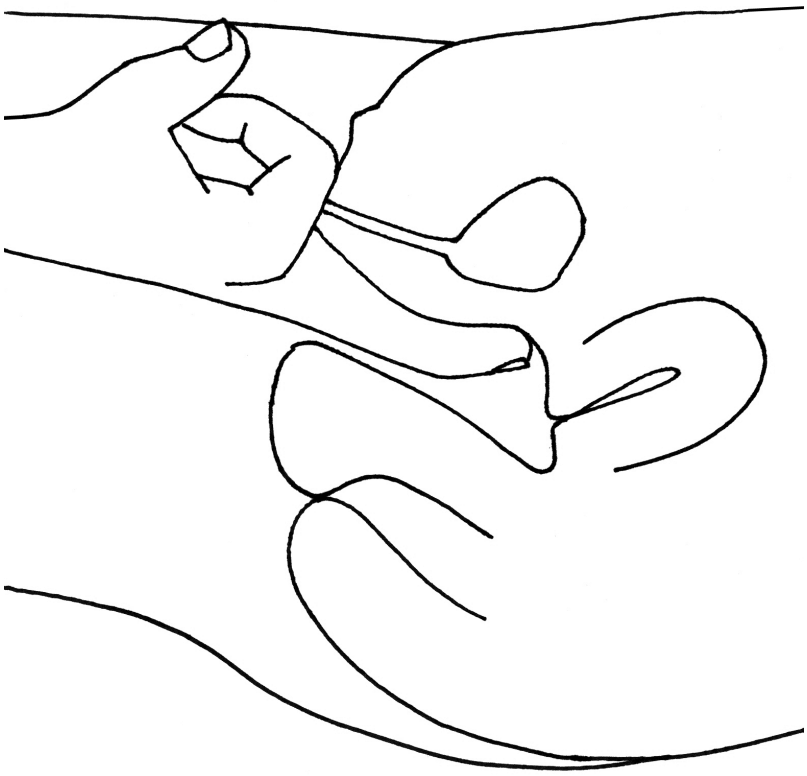
Have her lie on her back and hold her legs open with her knees bent. You sit to the side of her legs with the front of your body facing towards her head. Lubricate your hands well with Astroglide.

Finger nails must be highly polished and very short.

With your palm up, slide your middle finger into her vagina, along the front wall of her vagina, as far as possible. (Don't worry, your finger is long enough if you press hard enough against her.)

Curl the tip of your finger in a "come hither" manner, while pressing hard against the front wall of the vagina.

When you massage the deep spot, do it firmly.



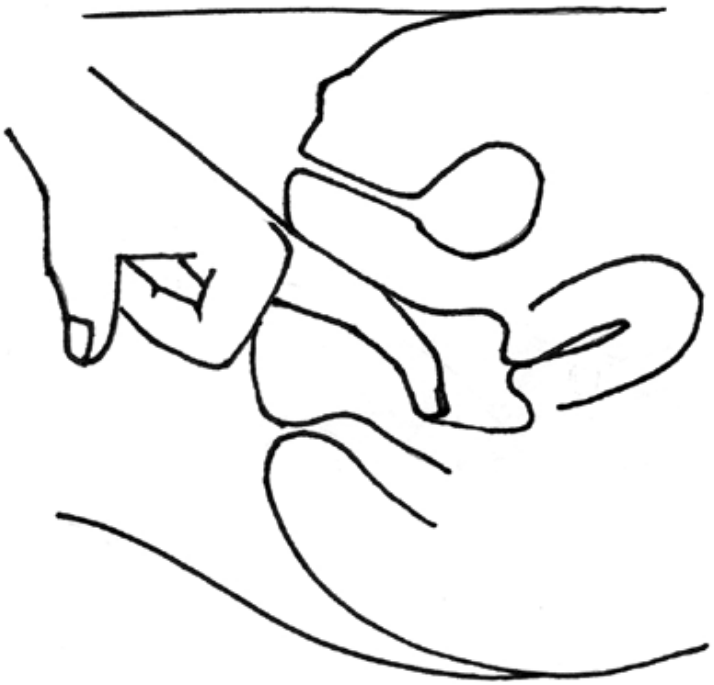
Imagine the way you hold a Frisbee. Your fingertips touch the inside edge of the Frisbee. Curl the tip of your finger down the inside edge of the Frisbee in a "come hither" manner.

Make sure your hand is well lubricated and press hard against her to get your fingertip all the way in.

The cervix will feel like the tip of a nose. Do NOT press against her cervix. To some women that is a very unpleasant feeling. There is a small percentage who like it.

Because the uterus is slightly tilted towards the front, the cavity of the cervix is also slightly tilted. The Frisbee is lower in the front and higher in the back. The entire inside edge of the Frisbee, all the way around, is sensitive.

Another variation to this is to go in along the back wall of her vagina. Go in as deep as possible. Along the back it is deeper because the Frisbee is tilted. Curl the tip of your finger as if to press hard against her tail bone. Repeat. To her it will feel as if she is getting butt fucked. Some women find this very exciting and will experience a very powerful orgasm.



The deep spot has one important benefit over the clitoris. The problem with the clitoris is that after a few seconds of an orgasm, it becomes so painfully sensitive that it cannot be further stimulated. The deep spot does not have this problem. The deep spot is one way to give a woman a very sustained orgasm.

Another alternative to this is to let her lie face up. Use two fingers, your index finger and your middle finger. Keep the tips of your two

fingers about an inch apart as you rub firmly against the front of her deep spot.

I did some research and found that Chee Ann Chua, a Malaysian marriage counselor, published a paper called the "a-spot" in 1997 in "The Journal of Sex and Marital Therapy."

The text basically says: "The Anterior Fornix of the vagina is located on the front wall of the vagina just below the cervix. It is about 3/4 of an inch to 1 1/2 inches long. Its borders are not well defined. The texture is smooth, unlike the G-Spot. If you place the tip of your finger over the cervix, and move it down a bit, staying on the front wall, your fingertip will be on the anterior fornix. Stimulate in a circular motion. If you move down too far, you will feel the texture change. That will mean that your finger tip is no longer in the right place."

This is the front of "the deep spot." But, as I said above, the deep spot is sensitive all the way around, and, it should be stroked by bending the tip of the finger in a "come hither" fashion while at the same time pulling down. And do it firmly.

Here is a question from a reader:

I used the "deep spot" finger method on my girlfriend just like you said and she got multiple orgasms within 20 minutes and they lasted for another 20 minutes. Cool!

One question though; she had pain the next day or two. Any Thoughts?

She felt some pain the next day or two probably because she had never had that done to her before, and maybe because you did it too firmly for too long.

But when a couple finds a new toy that works REALLY well, they tend to play with it a lot.

You won't need to do it as firmly in the future since she is now very responsive to your touch and she'll become more accustomed to it.

Have fun! (and NEVER do anything that causes injury.)

Many men have written me and told me that they had discovered the deep spot in their own exploration in the past. So when they read about it, they totally agree.

I have read your posts, and they have helped me enormously. I "discovered" the deep spot myself on a woman about 3 years ago, but your information has made me much more sensitive and skilled at it! My new girlfriend also loves when I massage her deep spot.

It works very well in causing a very powerful vaginal orgasm.

The Cervix Orgasm

Many women find stimulation of the cervix to be irritating, especially when impaled by a penis during intercourse. That is a common complaint of women who are with an especially well endowed man.

But a few women love it. In fact, a select few women love getting their cervix pummeled during intercourse. This is most unusual, but it is true for a select few women.

I had a unique situation with one woman that I was dating. Interestingly, she did not respond as powerfully to G spot or deep spot stimulation as other women. This does rarely happen.

So one night, I simply stuck my middle finger straight in as far as I could and I rubbed her cervix with the tip of my finger. She responded very powerfully to this. I continued rubbing my finger in a circular motion around the tip of her cervix and she had a powerful orgasm.

Reaching the cervix with your middle finger is a very tough job. It requires great determination, but it is worth it in the cases of some women.

This is the same woman who LOVED it when I used just the tip of my middle finger to rapidly go in and out of the opening of her vagina. A penetration of only an inch or two. It served to give her a very powerful orgasm.

By now you have probably noticed that we have covered just about every square millimeter of female sexual anatomy. That is pretty much the case. The secret is that you experiment with your woman to find what works best for her.

Some spots are more universally responsive than others, and some spots work better on some women than others.

As you will find in "David Shade's Manual," most any spot on a woman's body can be used to give her an orgasm, including her nipples and her lips.

You may also find that your woman's preferences and responses vary over time. This is normal, and actually a good thing. It means that you are learning more about her, and she is becoming increasingly responsive to you.

Give Her Her First Orgasm

So let's say you are dating a woman who has never had an orgasm.

What are you going to do?

You can't rely on intercourse. All the guys before you have tried that.

You can't rely on licking her clit. All the guys before you have tried that.

And you can't rely on rubbing her G spot. At least some of the guys before you have tried that.

You have to be different.

You are going to be different in 2 ways:

1) You are going to perform a different type of stimulation

2) You are going to use effective mental techniques

The reason why you have to perform a different type of stimulation is because all the previous stimulation that she has felt has been associated with her NOT having an orgasm. You must AVOID that.

You will use deep spot stimulation. It happens to be very effective in giving a woman her first vaginal orgasm, and most likely no man has ever done that to her before.

And now for the critically important mental techniques.

Remember, in order that you cause her to orgasm, you must command respect with her. You will be giving her commands, and she must do them for this to be successful. Thus, her respect for what you say must override her own self consciousness and self limiting beliefs.

The biggest thing keeping her from having an orgasm is her belief that she can't.

If you were to insist to her that she could have an orgasm, she will simply disagree, which will build up her resistance to having an orgasm.

If you make orgasm the goal for her, she will have performance anxiety, which will make it even more difficult for her to have an orgasm.

So in order that you do not stir up her objections to having an orgasm:

You must not mention anything about orgasms!

Your goal of giving her an orgasm is your little secret. But how are you going to give her an orgasm without actually mentioning anything about orgasms?

You will simply give her pleasure.

You will say to her: "Baby, I just want to give you pleasure. It excites me when you feel this pleasure that I give you."

Women love it when they excite their man. Women love it when their man just wants to give her pleasure for no other reason than to revel in her and please her.

So she will be relaxed and receptive.

Even though a woman has not had an orgasm, she still likes sex. She likes the intimacy. It is the physical celebration of the attraction and of the emotional connection. And women love to see their man get sexually excited over her.

Even though she knows she is not going to have an orgasm, she still likes to have her clitoris rubbed and licked by her man. It feels good, and it makes her feel that she is desired.

Even though she knows she is not going to have an orgasm in intercourse, she still likes it when her man makes love to her. For her, it is the ultimate physical celebration of the relationship. And it is affirmation for her that her man is excited about her.

So you certainly have the opportunity.

Start the stimulation. But you have to give her some incentive to soak up as much pleasure input as possible. You will use emotional intimacy.

Women are emotional creatures. Women love nothing more than being emotionally close to her man.

Emotional intimacy is the incentive.

You will say to her: "Oh Baby, it makes me feel so close to you when you feel this pleasure that I am giving you. The more pleasure you feel, the closer it makes me feel to you."

She will follow your commands to accept the pleasure because she wants you to feel even closer to her.

Researchers at the University of Groningen in the Netherlands have used brain scans of women to show that the areas of the brain involved in fear and anxiety are deactivated during orgasm. This comes as no surprise to us. It is a requirement for orgasm. She must feel safe, and she must feel reassurance in order to have an orgasm.

Most women who have not yet had an orgasm are women who are unable to surrender to the pleasure that they are feeling in their body. That could be due to a number of reasons, but it usually goes back to some fear or anxiety around sexuality. So you must make it such that she continues to feel safe and reassured with you.

Even before she gets to the point of feeling any fear or anxiety, you must make her feel safe and assured. Say to her: "Baby, I love giving you pleasure. I feel so close to you. I am here for you Baby. I am here for you to feel safe with me. Feel reassured that I am here for you Baby."

Then continue the stimulation.

As she starts getting close, she will start feeling a loss of control. This can be very scary to a woman who has not yet had an orgasm. You must distract her from her own concerns about the intense pleasure that she is feeling that is making her feel a loss of control. You do this by giving her a task to perform.

Give her the task of pleasing you.

Say to her: "Baby, it pleases me when you feel the pleasure I am giving you. The more pleasure you feel, the more it pleases me."

Now you set up for the final drive.

Say to her: "Do you feel safe with me Baby?" She will say yes.

Then say: "Do you trust me Baby?" She will say yes.

Now go for it. Continue the stimulation firmly. "Now I want you to surrender to me Baby. I want you to surrender completely to the pleasure I am giving you Baby. Surrender to me completely. Give yourself over to me completely Baby!"

Since she has fear and anxiety about surrendering to pleasure of her own body,

Have her surrender to YOU!

Take on the responsibility. As she feels more pleasure, continue to remind her to surrender to you.

If she does as you instruct, she will continue to orgasm.

After her orgasm subsides and she settles back down, hold her close and say: "Baby, I feel so close to you. I just cannot hold you close enough." This is her reward for following your commands.

Do not mention anything about orgasms unless she does. If she does, go ahead and discuss it with her.

Once she has her first deep spot induced vaginal orgasm, use subsequent evenings in the bedroom to rub less of her deep spot and more of the rest of her vagina, such as her G spot, or the back wall of her vagina. This awakens her vagina even more.

Once she has a vaginal orgasm, it is very easy to give her a clitoral orgasm. Use the welcomed method the first time, as most likely no man has ever done that to her before.

Now you are ready to give her an orgasm in intercourse.

On that night, spend the evening making her feel very special. Make sure the emotional intimacy is very strong. Then in bed, get her really close with clitoral stimulation. But before she comes, move to deep spot stimulation. Bring her up close to an orgasm again, and stop before she has an orgasm. Now she is very close and ready. Put on a condom, which signals to her that you are preparing to have intercourse, and then with her consent you have intercourse.

The first time a woman has an orgasm in intercourse is a very powerful emotional experience for her. After she has an orgasm in intercourse, she may even weep with overwhelming emotions. Hold her close and make her feel safe and assured.

All of the above was about distracting her from her own concerns, insecurities, and self limiting beliefs, by giving her another task to perform, while the goal was simply to receive pleasure. But YOUR goal was to give her an orgasm.

Her First Vaginal Orgasm

All of the above can be used on a woman who is dependent on clitoral stimulation to have an orgasm. For such a woman who has clitoral orgasms, but has never had a vaginal orgasm, she probably thinks that she is not one of the "lucky ones." But at least you do not have to overcome fear and anxiety over having AN orgasm.

You can use the above to give her her first vaginal orgasm.

Again, you simply give her pleasure for the sake of pleasure.

The motivation is emotional intimacy.

You distract her self limiting belief that she cannot have a vaginal orgasm by giving her the task of pleasing you.

You drive it home by having her occupied with surrendering to you.

That last part will be much easier because she has already had clitoral orgasms.

The PC Muscles Method

If nothing works, you are eventually going to have to mention orgasms, and her lack of having them. But do NOT blame it on her mind or her sexual organs.

One possibility is to blame it on her PC muscles.

The PC muscles are the pelvic floor muscles that connect from the pubic bone to the tail bone. They can be strengthened by Kegel exercises. See the chapter "Kegel Exercises."

A study in 1979 by Graber and Graber found that women who have not had an orgasm are women who had weak PC muscles. Women who had clitoral, but not vaginal orgasms, had stronger PC muscles.

Women who had both clitoral and vaginal orgasms had even stronger PC muscles.

Women who were multi-orgasmic had even stronger PC muscles.

Later a study by Perry and Whipple found that women who could squirt had even stronger PC muscles.

That may or may not be your woman's reason for lack of orgasms, but if her lack of orgasms is due to mental issues, you now have a task to occupy her as you get around her own self limiting beliefs.

You can lead her through a program of exercising her PC muscles. She will become engaged in the program and believe that by exercising her PC muscles, she will then have orgasms. She can blame her PC muscles for her problem, and her PC muscles she can do something about. As she is strengthening her PC muscles, she becomes more excited about her impending ability to orgasm. This gives her subconscious mind something to believe in. This can result in her becoming orgasmic.

And if her PC muscles really were the problem, that problem is solved.

See the chapter called "Kegel Exercises."

If Nothing Works

If nothing you do results in giving her an orgasm, then you are in a very difficult situation.

For one thing, do not come inside her in intercourse. If you do, then you are just like all the guys before you. Lame sex will get associated to you, just like it did to all the guys before you.

Now you are not going to be able to avoid intercourse with her all together, because she wants you to make love to her. She would be insulted if you didn't. But if you come inside her, you are just like all the other guys. You have an orgasm from intercourse and she does not.

Instead, before you finish, pull out and do something else. You could masturbate and give her a facial, or you could have her finish you off with her mouth. But do NOT come inside her vagina. That is

reserved for when she becomes vaginally orgasmic and can actually have an orgasm in intercourse.

If you do not bring her to orgasm, for whatever reason, you have a decision you have to make about the relationship. If she is never going to have an orgasm in intercourse, sex will never be completely fulfilling for her.

There is one absolute way to ALWAYS give a woman an orgasm. You can simply hypnotize her and simply TELL her to have an orgasm, and she will INSTANTLY have an orgasm. If you have the guts to use hypnosis, then get David Shade's Manual.

Intercourse

There are three main positions for intercourse: "missionary," "doggy style," and "woman on top."

In Missionary, the woman lies on her back, and the man lies on top of her facing her. Missionary is good for intimacy. It is the best to start with.

In doggy style, the woman is on her hands and knees, and the man is on his knees behind her. Doggy style is good because it is animalistic.

In woman on top, the man lies on his back and the woman sits on top of him. Woman on top is liked by those women who have to rub her clitoris on her man's abdomen in order to have an orgasm.

Most all other positions are variations of the main three. The important thing to remember is that sexual position does NOT bring out the sexual potential in her. It has to do with many other things.

Certainly, during intercourse, be sure to talk dirty to her. Concentrate on her, and it will distract you from your own pleasure. For effective ways to talk dirty to her, see my audio CD: The Art Of Sexy Dirty Talk.

Taoist Thrusting

I cannot say enough about Taoist Thrusting. It is extremely exciting for the woman. You absolutely need to be doing this.

It is actually called "The Nine Steps of the Taoist Thrust Method." Its origin is in ancient Taoist sexuality. It was further refined by the seventh-century physician Li Tung-hsuan Tzu. It will drive her crazy.

When you enter her, slowly slide all the way in, then pull almost all the way out, and stop. Count 9 short strokes of an inch and a half penetration, then one long stroke. Then count 8 short and two long. Then 7 and three, and so on, until you do 1 short and 9 long. Then start over again. Be sure not to pull out so far as to loose the vacuum.

I know it sounds funny to have to count while having intercourse, but I assure you, it will be worth it.

Beginner's Tantra

This is a very basic layman's introduction to Tantric sex that can be done without practicing a long series of complicated rituals.

This exercise assumes that your woman is vaginally orgasmic. Take care of that first.

In Tantra, the goal is to extend the orgasm without "falling over the edge." Tantra also brings both people in touch with each other's "energy."

Whether energy is real or not is not part of this discussion. But for this discussion, assume that the concept of "energy" can be used to model certain phenomenon.

In order to extend the orgasm, Tantra requires three things:

1. Allow the sexual pleasure to travel from the genitals, up through the torso, and into the head.

2. Allow the sexual pleasure to fill the entire body while at the same time allowing the entire body to remain completely relaxed.

3. Maintain the ecstasy indefinitely.

This is similar to what I described in "The Welcomed Method." You tell your woman to remain relaxed, and that the more relaxed she becomes, the more pleasure she feels, and the more pleasure she feels, the more relaxed she becomes, etc.

But in this, use the deep spot and a slight variation on the narration. Use the deep spot in order to associate vaginal stimulation to the Tantric narration so that she can more easily do this again later in intercourse.

Have your woman lie on her back with her legs straight but slightly separated. This will prevent her leg muscles from getting tired, which would distract her.

Make sure that she is very relaxed.

Then gently massage her deep spot. As she begins to get aroused, and possibly starting to hold her breath, tell her to relax and to breathe

normally. Make sure she completely relaxes. If she doesn't, then slow down the stimulation and remind her again.

Then as you continue the stimulation, say to her: "Let the pleasure fill your entire body, and as it does, it completely relaxes your entire body. As your body is consumed with pleasure, it only serves to relax your entire body even more."

"As your entire body becomes even more relaxed, it becomes consumed with even more pleasure. As your body is consumed with incredible pleasure, it relaxes you even more."

Make sure that she stays relaxed. She will certainly be feeling incredible pleasure.

Then move the pleasure into her head: "Feel the pleasure travel up your body and into your head. Let it completely fill your mind. As your mind is completely consumed with pleasure, it relaxes your body even more. And as you are completely relaxed, feel the pleasure travel up your body and into your head, and let it completely fill your mind."

You will be able to gauge her level of arousal by the feedback you will feel in your finger from her vagina. Her vagina will be slightly contracting. This is what is called an "orgasmic" state. It is not "coming" which is the "going over the edge."

Remind her to remain completely relaxed. So long as she is relaxed, she will not be able to "come."

Continue to talk to her while continuing to gently massage her deep spot. Her vagina will continue to gently contract, but her vagina will not go into the powerful contractions synonymous with "coming."

This can go on for some time. If you can get her to go for 15 minutes, then she is feeling total peace and continuous ecstasy.

No doubt she has never felt this before.

You can continue this for as long as she remains lubricated and does not become irritated from the rubbing of your finger.

At this point you can do something that is really novel, if you are up for it, and if you really do command respect with her.

Say to her: "Now, as you remain completely relaxed, as you continue to breathe normally, I want you to come. Come now. As you

remain completely relaxed and continue to breathe normally, I want you to come on the inside. Come for me Baby. Come now, as you remain completely relaxed, as you continue to breathe normally."

Instruct her to come, but also insist that she remain completely relaxed. This will cause a very bizarre orgasm for her. Her orgasm will be very intense, and she may even hallucinate bright colors.

No doubt she has never experienced that before.

Once she has experienced the above, orgasm will have an entirely new dimension of experience for her.

Now it is time to have her experience this in intercourse.

The next night, when in the bedroom, get her naked on the bed and take your time with foreplay to get her aroused and feeling very close to you.

Then initiate intercourse in the missionary position, but this time take it slow. Make your strokes slower. Build up the arousal slowly. Concentrate on her pleasure and titillating her with pleasure while not thinking about your own conquest to drive for the orgasm. The idea is to extend heightened arousal.

Do not think about the pleasure you are feeling in your penis, but instead focus your thinking on the "energy" you are feeling in your stomach and chest. This is a mind exercise to divert your awareness. You basically do to yourself what you did to your woman's awareness in the previous exercise.

When you and her begin to get close, slow things down and maintain that heightened arousal. Extend this for as long as possible.

If you or her get too close, and "going over the edge" seems eminent, slow the stroking WAY down.

After you and her have recovered, start the stroking slowly again.

After you do this a number of times, an interesting phenomenon will begin. You and her will feel a vulnerability for each other like never before. You and her will feel a closeness like never before. And time itself will begin to have no meaning.

This is the threshold of the "Nirvana" of sexuality that is possible in Tantra. See the Key West Institute for Tantra Studies.

Female Multiple Orgasms

All women are multi orgasmic, some just don't know it yet.

Women secrete prolactin at the time of orgasm, just like men do, but the hormone does not cause any refractory symptoms in a woman. There is no chemical or biological constraint on the number of orgasms a woman can have.

But most women have only one orgasm when they masturbate, and certainly all the men she has been with have had only one orgasm. So most women never really think to go beyond that.

In fact, many women have a self limiting belief that they can have only one orgasm.

But actually, every woman is capable of multiple orgasms. And interestingly, each orgasm a woman has is actually more powerful than the one before.

In order to give a woman her first multiple orgasm, you must distract her from her own self limiting beliefs, by giving her a different task to concentrate on. Your goal, and your little secret, is to give her multiple orgasms.

This is assuming that your woman is vaginally orgasmic. If she is not yet vaginally orgasmic, go work on that, and then come back to this task.

To make her multi-orgasmic, you will first give her a clitoral orgasm and then a vaginal orgasm.

The clitoral orgasm goes first because after a woman has an orgasm, her clitoris is usually so sensitive that it cannot be touched. That is the same for the tip of your penis. And that is no surprise, knowing that the clitoris and penis are corresponding tissue between the two genders.

The vaginal orgasm goes second because the vagina does not have the same over sensitive issue that the clitoris has.

Set up the entire evening as one that is devoted to taking the time for pleasuring her in ways that you choose to do. Explain to her that you simply want to pleasure her in various ways, as nothing more than

your expression of savoring the beautiful feminine woman that you adore about her.

So, first give her a clitoral orgasm, using whatever technique she happens to most prefer.

After she experiences her clitoral orgasm, she is going to want you to make love to her, even though she does not expect to have another orgasm. Instead, simply remind her that you simply want to pleasure her in various ways, as nothing more than your expression of savoring the beautiful feminine woman that you adore about her.

Now use the techniques from the chapter "Give Her Her First Orgasm" to now give her a deep spot induced vaginal orgasm. Distract her from her own self limiting beliefs with the task of surrendering to you, and bring her to your goal of her having another orgasm.

Once she experiences a second orgasm in one evening, her own self limiting belief is shattered, and it will be very easy and natural to give her multiple orgasms for then on.

Female Ejaculation

As I discussed earlier, there are many similarities between male and female sexual anatomy. Some of which make no contribution to procreation. One example is that men have nipples. Another is that women ejaculate.

Just as the male has a prostate gland, the female has paraurethral Skene glands.

Embryologically, the urethral glands of the female are homologous to the male prostatic glands (just like the ovaries and the testes are from the same embryonic tissue.) These paraurethral glands (on either side of the urethra) are known as the Skene glands (Alexander Skene, MD, 1880.) The Skene glands make up the G spot on the front of the vagina.

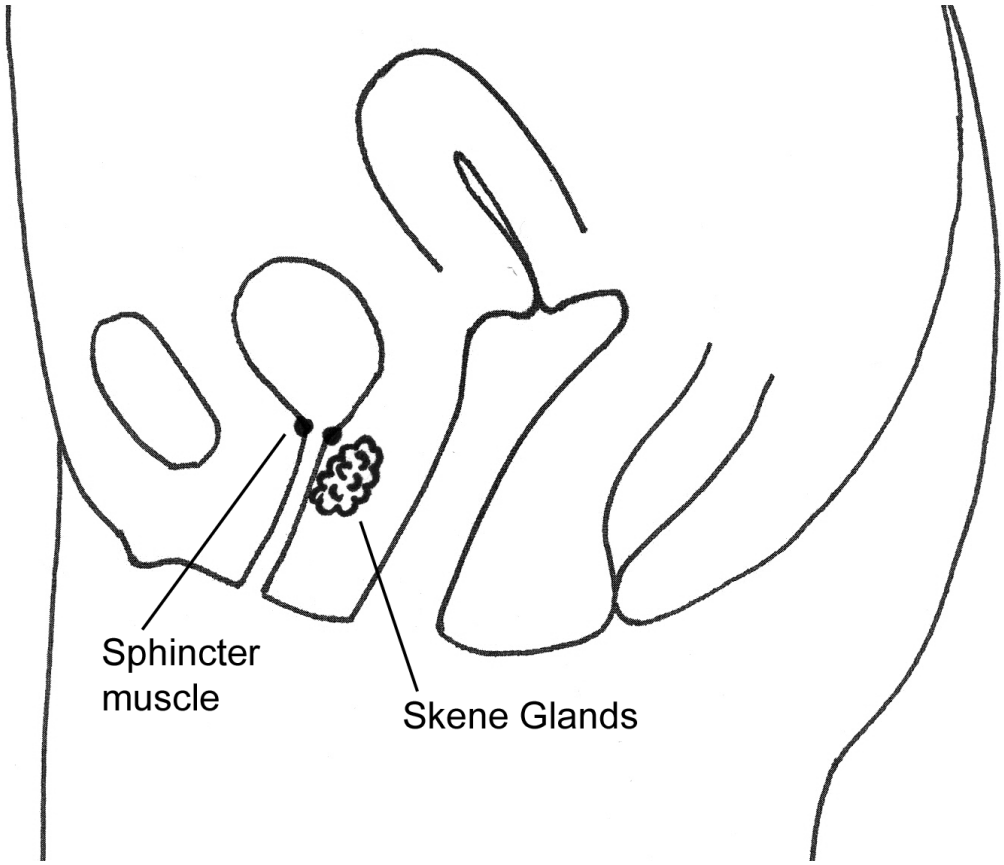


Diagram of female bladder and Skene glands

During sexual arousal, the Skene glands secrete a clear fluid, much like water, having a chemical makeup similar to the transport medium in male ejaculate. There is no urine in female ejaculate.

During sexual arousal, a sphincter muscle where the bladder attaches to the urethra tightens up so that no urine can leave the bladder.

At the time of orgasm, the Skene glands expel the ejaculate down the urethra and out of the body, and thus female ejaculation, simply a leftover from the similarities between men and women.

But for most women, just before an orgasm, the woman feels the urge to urinate. This is actually the female ejaculate building up in the Skene glands. But most women think they are going to pee. Thus, they tighten up their PC muscle, just as they would to stop a stream of urine. And then when they have their orgasm, the PC muscle is so tightened up, that the ejaculate cannot be expelled down the urethra, so it is forced up the urethra into the bladder. This is why many women feel that they have to pee after having sex. It is because the ejaculate has been forced into the bladder.

For a woman to ejaculate, the woman pushes at the time of orgasm, as if to defecate, and a clear fluid is expelled out the urethra. This fluid has been described as colorless, clear, or milky. It has never been described as yellow. The taste varies from tangy, sour, tart, to very sweet. Some women always ejaculate, others sometimes. The majority of women who regularly ejaculate do so in response to G spot manipulation. Some can in intercourse, and some can with only clitoral stimulation.

But most women do not ejaculate because they have trained their body not to "pee" at the time of orgasm.

If your woman tells you that after every time you two make love, she has to go pee, then say to her: "Well Baby, that is because you have been withholding your ejaculate." She will probably laugh and refuse to believe it.

Explain to your woman that female ejaculation is normal and natural. Read to her the book called "The G Spot and Other Discoveries About Human Sexuality" by Ladas, Whipple, and Perry.

Copyright 1982. ISBN 0-440-13040-9. The book is a highly respected explanation of female ejaculation.

You can also show her the video called “Squirters 2.” It is by a pornographer named Seymore Butts. Sure, it is a porn video, but it will show you what is possible, and how far some women can squirt.

The biggest obstacle to get over is her self consciousness that she will urinate. It is very important that you have her understand that it is not urine, but that it is female ejaculate, and that female ejaculation is completely normal and natural.

The motivation you give her is that it would be very exciting for you if she were to soak your bed! She will be concerned about getting the bed all wet, but you must reassure her that it would be very exciting for you. This is not about you accomplishing some feat, but about her expressing her sexuality in a completely natural way.

In order that you cause her to ejaculate, you must command respect with her. You will be giving her commands to do something that for her seems very strange. Thus, her respect for what you say must override her own self consciousness and self limiting beliefs.

Ask your woman: “When you get close, do you feel the urge to urinate?" If she says: “Yes, so I hold it in.” Then say to her: “You are holding in your ejaculate. Next time go with the feeling and push it out.” If she says: “But I don't want to pee on you!” Then you say: “It only feels like you are going to pee. But you won't pee, you will ejaculate.”

As always, assure her that everything is natural and normal, and nothing is embarrassing.

Now for the first step in getting her to squirt.

Tell her to “push”

Before you begin, tell her to go empty her bladder. This will help to reduce her fears that she will pee on you.

Then get her comfortable on the bed. You will use stimulation of her deep spot. Do not do this in intercourse yet. First do this when you digitally stimulate her (with your fingers.) You have to be able to talk to her and lead her.

Some would say to use stimulation of her G spot. My experience has been that women have responded more powerfully to deep spot stimulation, but if your woman responds well to G spot stimulation, use that.

She must follow your commands without embarrassment. Massage the front of her deep spot, and say: "You are going to feel an increasing urge to pee. The closer you get, the more you will feel the need to pee. But it is not pee, it is ejaculate. It is not your bladder, it is your Skene glands. You will welcome this feeling, and you will push it out. If any thought tries to stop it, you will instantly stand in front of that thought, and you will push it out. The more you push it out, the stronger your orgasm will be."

Continue massaging the front of her deep spot. Continue talking her through it. When she gets really close, command her to push it out.

The pushing part is critical. It must be there. Without it, it won't happen.

If she follows your commands, she will not clamp down on her PC muscles, but instead she will relax her PC muscles and she will push. At the time of orgasm, her PC muscles will not be clamped down, but instead will involuntarily contract and relax. This allows the ejaculate to go out, and in fact, can be propelled at great speeds.

If she follows your commands, she may ejaculate, though the first time it may be a very small amount. If it is a very small amount, it may be a white liquid that just drips out of her urethra. If it is more, it may be a clear liquid like warm water. It could pump a few times, like squeezing the trigger on a water gun a few times.

Reward her for following your commands by holding her closely and sharing emotional intimacy with her. Then touch your finger onto her ejaculate and touch it to your tongue and say: "See, it is female ejaculate!" This demonstrates that you welcome her ejaculate.

Ask her if she has to pee now, like she usually does after sex. If she really did follow your commands to push it out, she will not have to pee.

Ask her if the orgasm was different. If she really did follow your commands to push it out, she will have probably noticed the feeling of her ejaculate pulsing out of her urethra.

That's enough for the first night. Cap things off with some close love making and emotional intimacy.

Now for the next step. Have her build up her PC muscles. The PC muscles are the pelvic floor muscles that connect from the pubic bone to the tail bone.

You know those muscles as the muscles you contract to stop a steam of urine midstream. She also knows them as that, but she also knows them as the muscles she can contract to clamp her vagina down on your penis.

Kegel exercises

The PC muscles are strengthened by doing Kegel exercises. Strong healthy PC muscles are synonymous with a healthy vibrant sex life.

See the chapter near the end of this program called "Kegel exercises" for details on performing them. After just two weeks there will be a noticeable improvement.

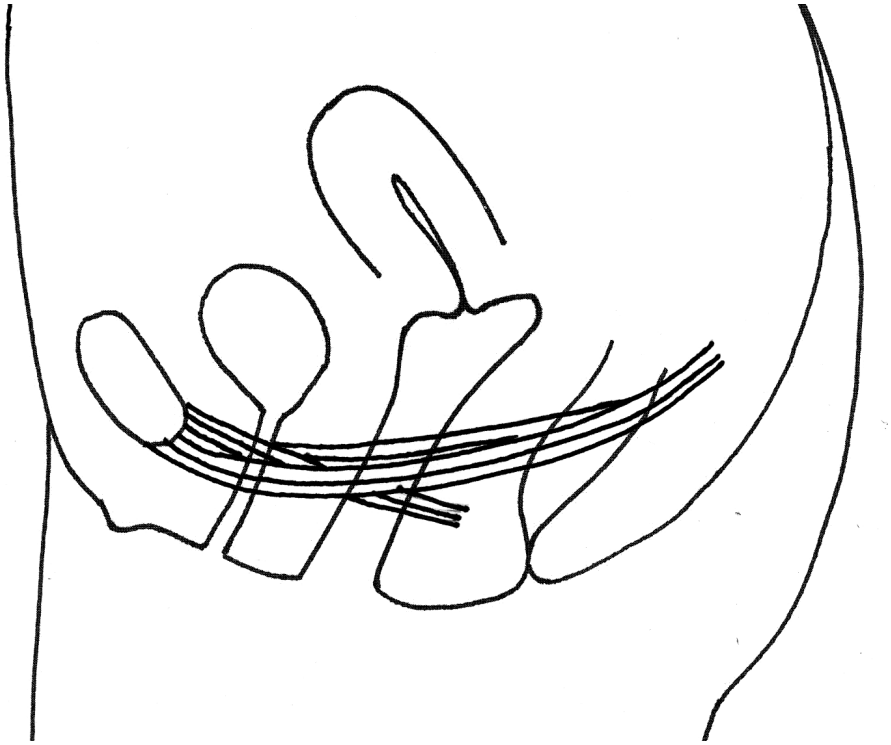


Diagram of PC muscles

Her Kegel exercising will dramatically increase her squirtage. That is, IF she is following your commands to push.

Each time you two get into bed, be sure to tell her that you welcome her ejaculation. It is critically important that she understands that you believe it is sexy and normal and natural. You must reassure her in order to override her own self consciousness.

To set things up for maximum squirtage, start with much foreplay and emotional bonding. Then say to her "Baby, tonight I want you to come so fucking hard that it soaks my bed! That will make me so excited." Then when she comes, encourage her further with: "Yes Baby! Come hard!" Then accept her ejaculate as sexy and natural.

Your woman will certainly find that her orgasms are more powerful when she ejaculates.

After she is able to squirt from deep spot stimulation, you may find that she can squirt from clitoral stimulation and from intercourse. In reality, it has less to do with what gets massaged, but everything to do with her willingness to just let go and let it happen and push out.

And of course, it has to do with her willingness to do her Kegel exercises. If she stops doing her Kegels, her regular squirting will subside.

For further reference, you absolutely must have the book "The G Spot and Other Discoveries About Human Sexuality" by Ladas, Whipple, and Perry. Copyright 1982. ISBN 0-440-13040-9. It has an entire chapter on female ejaculation, which is very informative. It also has chapters on the PC muscles and other good stuff.

Anal Sex

One of the most exciting things for a man is to fuck his woman up the ass. It is raunchy, it is taboo, it is animalistic, and it is one of the major demonstrations that his woman is ruthlessly sexually expressive.

For a woman, it can be one of the naughtiest things she can do. And thus, it can be exciting as hell.

Interestingly, it results in the deepest and most powerful orgasm she can experience. The anal orgasm is like no other.

Some women would never ever do anal, no matter what. Other women would jump on the opportunity. But for most women, they are sitting on the fence and just need a little "gentle loving inducement."

Note: This can ONLY be done for a woman who is already vaginally orgasmic AND multiply orgasmic. Take care of those things first.

Also, finger nails must be highly polished and very short.

And, as always, build the trust, intimacy, and remind her that everything is normal and natural.

The important thing to remember is that once she states her objection to the act, it makes it immensely difficult to accomplish. You absolutely must avoid anything that will alarm her objections to entering the "exit only."

You will perform a process of steps that demonstrate to her subconscious mind the pleasures of anal excitation without alarming her conscious mind's objections to the "dirty deed."

Distract the conscious with pleasure, closeness, and fantasy.

Train the subconscious to associate sexual arousal to anal stimulation.

One step at a time. . . .

This all happens over a course of several nights. You do this covertly. Your goal is your little secret.

Begin with stimulation of the BACK of the deep spot. Have her lie on her back. Use lots of Astroglide. With your palm facing down, use your middle finger to go in as deep as possible. Press your curled fingers hard against her to make sure you get your middle finger in as deep as possible. If you use enough Astroglide on your hand, your curled fingers will not pull on or irritate her skin. Curl the tip of your middle finger in a "come hither" manner as if to press hard against her tail bone. Repeat.

At this point, you are going to wish you worked out your forearms more often.

Continue curling the tip of your middle finger hard against her tailbone. As she starts getting close, her PC muscles will start to flex. It will feel like it is going to break your finger, but keep pressing on. This will produce a very powerful orgasm IN THE AREA that you want to TRAIN.

On another night, get her on her hands and knees and again stimulate the back of her deep spot until orgasm. This makes her more familiar with that type of orgasm in that position, the "doggy style" position.

Now you are ready to associate anal stimulation to sexual arousal.

On the next night, have her lie on her back. Sit on your knees between her legs. Lubricate your hands liberally with Astroglide. Lubricate her vagina as well. In fact, use enough so that some of the lubricant drips down on her anus.

Again rub the back of her deep spot. When she starts getting close to her orgasm, use your well lubricated pinky finger of your other hand and lightly press your pinky finger against her anus. Make sure there is lots of lubricant on her anus.

When she is about to come, press just the tip of your pinky finger into her anus. If she objects, stop stimulating her deep spot and assure her that you will be gentle, but do NOT remove your finger. Return to the stimulation of her deep spot. Since she is so close, that should be motivation enough for her to concentrate on her vaginal stimulation. Continue the stimulation until she orgasms. At the height of her

orgasm, slowly remove your pinky. This associates anal penetration to her orgasm.

Reward her with some good old fashioned love making and close emotional intimacy.

The next night, do this again. Rub the back of her deep spot. But this time, slide your pinky in when she starts getting aroused, don't wait until she is close. And then, when she starts getting close, slide your pinky in up to the second joint. And just before she orgasms, gently slide your pinky out and back into her anus a few times. This associates sliding in her anus to her orgasm.

At this point, the subconscious has begun to associate anal stimulation with sexual arousal. So you have her subconscious mind on your side. Finish with good old fashioned love making.

To continue further, you are going to have to start to get her conscious mind engaged. But it must be done in such a way as to not raise an objection. This can be accomplished in a "hypothetical" situation, a situation that is possible, but that she wouldn't actually do. Or, in other words, a fantasy.

In a fantasy, a woman can imagine that she is doing something that she would never "really" do, but can experience the situation anyway.

When she imagines it vividly in her mind,

it's as good as her actually doing it.

Fantasy is the perfect scenario for her "experiencing" anal sex without actually "doing" it. Once she experiences it in her mind, it will be much easier for her to experience it later "for real."

Using fantasy, you can magnify the excitement of an activity. And for a woman, the activities that are exciting are the ones that are naughty. Anal sex is just about as naughty as it gets.

Have your woman get on her hands and knees and use lots of lubrication on your hands. Rub the back of her deep spot with one hand AND rub her clitoris with your other hand.

Narrate a fantasy to her about how she is a very proper woman, but sometimes she is so very naughty. She is such a naughty little girl because she wants to get fucked so badly. (The usual kind of fuck.)

And it makes her even more excited because she is being very naughty.

For how to talk dirty, check out my audio CD The Art Of Sexy Dirty Talk.

Continue the stimulation and the fantasy to get her close to an orgasm. Then take your middle finger out of her vagina and move it up to her anus. Continue the clitoral stimulation lightly. Here is the critical point.

Change the fantasy to being about how she is so naughty that she wants to get even naughtier. She wants to get fucked in the ass. Carefully slide the tip of your middle finger into her anus.

Continue the clitoral stimulation lightly so that she continues to receive sexual stimulation and remains sexually aroused.

Tell her: "You are so naughty and you are so turned on, because you fantasize about me fucking you in the ass. You would never do that, but you get so turned on about the thought of me fucking you in the ass. You are being so naughty, because you are thinking such naughty thoughts. You get so fucking hot thinking about me fucking you hard in the ass."

Slowly slide your middle finger in a little deeper.

"You get so fucking hot thinking about my hard cock buried deep in your ass."

Slowly slide your middle finger in and out of her ass. Continue the clitoral stimulation to insure that sexual stimulation remains associated to anal stimulation.

"You fantasize about me fucking you hard up the ass. You get so fucking turned on thinking about my hard cock ramming your ass hard."

This is why it is critically important that you command respect with your woman. She absolutely must take what you say seriously. She must make what you say real in her mind.

So long as it's just a fantasy, she can go along with it. But because it is a fantasy, she must vividly imagine what you narrate.

Continue the fantasy while you slowly slide your finger in and out of her anus. Continue the clitoral stimulation lightly.

If her arousal increases, she is responding well to the anal stimulation. Slow down the clitoral stimulation and increase the anal stimulation.

If she starts to get close to orgasm, take your finger away from her clitoris and continue the anal stimulation.

If you really do command respect with your woman, your narration of the fantasy along with your finger in her ass will cause her to have an anal orgasm.

The anal orgasm will blow her mind. She will not know exactly "how" she came, but she will know that she just had the most remarkable orgasm of her life.

If you did not cause her to have an anal orgasm, stop before she gets sore. Slowly take your middle finger out.

Whenever you take anything out of her anus, it is VERY important that you tell her to relax. She must NOT tighten up. That will make things much more difficult. It will make her irritated with it.

If she ever tightens up, stop movement and remind her to relax. Do not continue movement until she relaxes her anus. When she relaxes on your command, she further trusts you and she learns that following your commands leads to her increased sexual pleasure.

Sometimes it will feel as if she is having a bowel movement. That is all the wrong association. Anything you do with her anus must be done in the context of heightened sexual arousal. During sexual arousal, the mind interprets everything in a completely different way. That includes slight pain, spoken word, and even objects leaving the anus.

And this is very important: anything you take out of her anus, do NOT put into her vagina. There will be bacteria that will cause very serious vaginal infections.

On another night, bring a small narrow butt plug. At this point, she will be much more comfortable about anal play. Have her get on all fours.

Lube up the butt plug and her anus liberally. Then slowly insert the plug. Then begin standard doggy style intercourse. Continue intercourse while pressing lightly on the butt plug. Her orgasm will incorporate the sensation of the butt plug with intercourse.

The last and final step comes on another night. By this point, if everything is going well, her conscious mind has fantasized about you fucking her in the ass.

Make your plans for the big night. Set up a date to make her feel very special and beautiful. Do all the usual stuff that will drive her crazy with desire.

Later, when in bed, have her lie on her back. Lube up her vagina and anus well. Then go down on her while you have your finger in her anus and give her a clitoral orgasm.

Finally, you will leverage her conscious mind. She has already fantasized about being fucked in the ass by you. Most women are sexually submissive. They let their man lead in the bedroom. Her fantasy was probably in that context.

Tell her to get on her hands and knees. Lube up her ass and lube up your cock and simply tell her in a confident voice that you are going to fuck her in the ass.

If you have done everything properly, she will be more than happy.

After she has had an amazing anal orgasm, it is extremely important that you then hold her closely and lovingly and give her lots of emotional intimacy. You absolutely must affirm her as a person, as a proper woman.

There cannot be anything "bad" about her being "very naughty." She must know that you also adore her for the proper woman that she is.

It would be advisable to not talk about the act outside of the bedroom, unless she brings it up. What happens in the bedroom is your and her little secret.

Difficult Case Studies

I have answered many questions from men who have had trouble making their girlfriend come.

Question:

A girlfriend of mine and I were discovering what makes her feel the best, as I am trying very hard to be the first guy to make her come, and I usually have little or no difficulty with that, however she seems to get very close but not enough to seal the deal I guess. Well through some finger exploring I happened upon what I believe was the 'back of the deep spot' which was quite far in and more or less felt like I was massaging the back of her pelvic bone. She had a tremendous response to this and had quite an episode, although she claimed still did not orgasm...

Do you have any other pointers you feel I should know.

Yes, the back of the deep spot is very powerful. But I have to ask you: how do you know she didn't come? Did you ask her if she came? I hope not, because you NEVER ask a woman if she has had an orgasm.

Did you tell her before starting the sex session that the object was to make her have an orgasm? I hope not, because that would make sex 'goal oriented.' Telling a woman that the goal is for her to have an orgasm puts pressure on her to perform. The pressure she feels to perform will actually reduce the possibility that she will orgasm.

But if you simply set out to "discover what makes her feel the best" then that is the proper context. It is about a shared intimate experience of pleasing each other.

So, how to give her an orgasm, especially when it is not the goal? Certainly, it should not be known to HER that the goal is to give her an orgasm, but it certainly should be YOUR goal to give her multiple screaming orgasms.

Consider that most women are unable to "let go." They cannot surrender themselves to the pleasure that their bodies are giving them. This may be for one of many reasons. It could be that she feels inhibited because of social pressures against being sexual, or that she does not have a sense of deservedness enough to be able to believe that she deserves the pleasure, or that she feels embarrassed about loosing control in front of you. It could also be that as a child, any time she had "surrendered" and just "let go," she had a bad experience. This is a very difficult thing to get over. You should read the chapter called "How To Select The Really Worthy Women" in David Shade's Manual.

I will provide more answers to your question by answering other similar questions I have received...

Question:

I found my girl's deep spot the other night. Her reaction was, "Fuck, what's that?" So I told her and continued what I was doing. She came close to orgasm, then resisted and pushed me away. Then started crying! She had felt like she really needed to pee, which I told her was just the feeling of female ejaculation.

And then the Deep Spot had made her feel like she was giving birth! This was too much for her and reminded her of her first child which she had to have terminated but still deliver. I'm pretty sure the deep spot was a powerful association to those negative feelings.

Things are fine again now. Back to very good sex, but she didn't want to talk about being upset any more and I didn't want to take her back there. I've continued to go deep a little, but not stay there for long. Trying to get her used to the feeling.

Yes, they are often taken back by the intensity of the feeling of the deep spot the first time, but your woman's reaction was especially adorable.

It is very sad and tragic that she lost a baby, and certainly devastating for a woman.

The feelings from the deep spot stimulation set off a powerful association to a very negative feeling. Massaging the deep spot causes deep involuntary uterine contractions (especially at the time of orgasm, but sometimes getting close), which are very similar to early contractions before childbirth. But a really good fuck could do the same at the time of orgasm for a vaginally orgasmic woman. So I wonder if she has ever had a vaginal orgasm?

It is going to be very difficult to separate her bad anchor from the pleasure she feels from deep spot stimulation. If she really wants to get past that, she should see a really good counselor or hypnotherapist. It is going to be tough.

I wonder, does she have clitoral orgasms when you go down on her? Does she have vaginal orgasms in intercourse?

Question:

My brother had some conversation with my dad about sex. And when they are talking about intercourse, my dad said he stimulates the clit the whole time while fucking her. And my brother replied with "well it goes into hiding when she gets excited (or orgasms?) and you can't find it". But my dad replied very confidently with "oh, *I* can still find it!"

So should we be stimulating the clit with our hand during intercourse? Best positions for this? (I'm thinking 'spooning' would be best.)

It is true that the clit retracts slightly right before an orgasm and during the orgasm. But only slightly. It can still certainly be found.

Do NOT rub the clit during intercourse. That only re-enforces her clit dependency. If your woman is vaginally orgasmic, good, leave well enough alone. If she is not (meaning she is clit dependent) then teach her to be vaginally orgasmic. She'll thank you for it. She has always wanted to orgasm from intercourse alone without having to rub her clit.

In the case where you KNOW she is vaginally orgasmic, and she readily and easily has vaginal orgasms in intercourse, it is good to rub

her clit during intercourse, on occasions, as for many women this tends to increase the power of her orgasm. A friend of mine and his girlfriend enjoy this occasionally. She gets on top of him with her back to him. While she rides him, he uses one hand to massage her breast and uses the other hand to rub her clit. She has a powerful orgasm that way.

Question:

I'm in a long term relationship with a 21 year old girl for 7 months now. Two or three months ago the issue of orgasms came up, and she mentioned she wished she could have them.

So I suggested she play with herself when she is at home. She ended up using a vibrator against her clit and said that she came so much she soaked her bed.

Now I feel like this is a bad thing since I wanted her to have a vaginal orgasm. Is this bad or good?

My PRIMARY goal is to make this girl have the best orgasm of her life with ME.

You were fucking her for four or five months without noticing that she had not had an orgasm with you? It is your job to know.

You sent her away for her to go take care of her first orgasm herself? That sends the wrong message. You should want to be involved in her first orgasm. When she expressed to you an interest in it, what message do you think she was sending you?

When she returned to you and reported to you that she had her first orgasm, did you feel left out?

You were not there, so you have nothing to say about which type of orgasm.

If your primary goal is to give her the best orgasm of her life, her first orgasm of her life would have been a good place to start.

Question:

On two occasions, my girlfriend has come close, or thinks she has orgasmed from sex. I'm not so sure because she doesn't seem that thrilled or sure that she did orgasm.

I do not think she is faking it, I just think she doesn't know what it really feels like.

Both times she says she's held back because she doesn't want to pee on me.

I try to reassure her that this is not going to happen but since then she hasn't "come close."

If a woman says she "thinks" she has had an orgasm, she hasn't.

But she definitely was close. This happens a lot with women who are almost going to have their first orgasm with a man. They feel like they are going to pee, and thus they hold back. But what is actually happening is that they are about to ejaculate. But the concept is so foreign to them that they cannot even associate with it, let alone let go.

You saying that she will not pee is contradictory to everything her body is telling her. She feels certain she is going to pee, and she certainly is not going to let that happen, but you keep insisting she will not, so she shuts down and doesn't even let herself get close anymore so that the debate never happens again.

Explain female ejaculation to her, and assure her that you completely accept her.

Question:

I have an LTR who I've been trying to make orgasm for a few weeks now. She is young and inexperienced. I am inexperienced myself. I have used your Deep Spot technique, both at the front and back of the deep spot. The back one worked best.

I have also been mastering rubbing her clitoris with my finger, and going down on her. The best results have so far been gained with the fingering, with me lying along side her with our heads close.

However, when I feel that she's getting close (breathing increases, she starts writhing), she'll start kissing me very hard (and what looks like uncontrollably) and I feel like things have been "reset"... then the cycle repeats. Is it possible that she is preventing herself from climaxing by "releasing the tension" in this way? How can I prevent this?

Also, while massaging the back of her deep spot, things get to a point where she's contracting quite violently and I feel it could go over the edge any minute. However, my fingers are NOT very long (3.2" at most), and getting to that point is difficult in itself. When the contractions start, it becomes VERY difficult to maintain the co-ordination and pressure.

Your fingers are long enough if she is that close. And the strong contractions in her vagina are what you want to get, so keep going.

You did not state whether she has ever had an orgasm or not. My guess is that she has never had an orgasm. Certainly, if she were orgasmic, you would know it, and she would have done it with you by now.

When she gets close she starts kissing you very hard in order to hide her face because she is embarrassed by the pleasure and it is a way for her to break her concentration and reset without disappointing you.

Quit screwing her until you teach her to have an orgasm or else you will link a lot of lame sex to you.

Here's what you do:

1) Tell her to concentrate on the pleasure. Only reward proper behavior. If she tries to kiss you again, stop what you are doing and remind her to concentrate on the pleasure. When she does do as you instruct, continue.

2) Don't talk about orgasms. That eliminates the perception that she has to accomplish something for you. Thus, with no goal, it is just about intimacy and sharing. You have to get her into the frame of intimacy and sharing.

3) Instruct her to surrender to YOU. This takes the responsibility off of her for her pleasure, and helps to eliminate any guilt she might have. But most importantly, she is to discover the vulnerabilities of intimacy. This tends to replace ego and vanity with intimacy and sharing.

4) And then Drive Like A Man. Tell her that you want to savor her beauty for no other reason than the fact that you adore everything about her that defines her as woman. Tell her to concentrate on the pleasure. Tell her that it pleases you when she does what you instruct her to do. Tell her that it pleases you when she savors the pleasure you are giving to her vagina. Tell her that it pleases you when she feels pleasure, and that the more pleasure she feels, the more it pleases you. And as she feels even more pleasure, tell her to surrender herself completely to you.

If you truly do command respect with her, she will obey your commands, she will release all responsibility to you, and she will increasingly feel the pleasure that she knows you want her to feel, and there is only one possible conclusion to cum to.

"For it is when you surrender to the vulnerabilities of passion that you are fulfilled the most."

Question:

Recently I have been adamant on mastering the art of oral sex. It all started when, after about a month of gaming this HB9, I was unable to maintain an erection when she finally attempted to rape me. It sucked! (any help with this?) So the next day I gave her "the best oral sex I've ever had."

Last night, I spent the night at her house and we got naked and started messing around. When it came time to do the dirty deed I was again unable to maintain an erection (what's the deal, I'm 20!). So I went down on her again. I swear I was a maniac on her pussy. I was licking away, inserting one and two fingers, twirling em around, speeding up - slowing down, stuck my WHOLE middle finger in there (and I got BIG hands).

She was LOVIN it! I've never seen a woman react the way she did. Clawing at my back, and shoving my head in her pussy... it was great!

Anyway, she didn't come after all that. Am I missing something? She even told me that she's never had an orgasm before. I WILL be the first man to give her the BIG O, it's my mission.

You have an actress on your hands. She is more interested in displaying a show than she is about genuine intimacy, trust, surrender, and shared pleasure. She is so concerned about acting like she is responsive to you, that she doesn't even know how to be herself.

Your subconscious has figured that out, which is one reason why being with her does not cause an erection. The other reason is that you are so focused on trying to please her while your subconscious knows it is futile. Your subconscious mind is in total and absolute control over your erection.

It may be due to her young age, but it is certainly due to her immaturity. Set her free to grow up, and go find a woman who is capable of intimacy.

But maybe I am wrong about her, and hopefully I am. Hopefully it is just that she is trying to reassure you that you are exciting to her, even though she has yet to have an orgasm. If that is the case, then you have something you can work with. What you have to do is move her from the position of being an actress to one of being a woman who is capable of intimacy and of being genuinely responsive to you. At the same time, you have to teach her to surrender to the pleasure she feels when she gets close. Here's what you do...

1) First off, don't give her oral. Your voice is the most important thing at this point. Instead, use your finger and stimulate her deep spot.

2) Tell her to relax. Only reward proper behavior. If she starts being an actress again, stop what you are doing and remind her to relax. When she does do as you instruct, continue.

3) Don't talk about orgasms. That eliminates the perception that she has to accomplish something for you. Thus, with no goal, it is just

about intimacy and sharing. You have to get her into the frame of intimacy and sharing.

4) Instruct her to surrender to YOU. This takes the responsibility off of her for her pleasure, and helps to eliminate any guilt she might have. But most importantly, she is to discover the vulnerabilities of intimacy. This tends to replace ego and vanity with connectedness and being genuine.

5) Tell her that you want to savor her beauty for no other reason than the fact that you adore everything about her that defines her as woman. Tell her to relax. Tell her that it pleases you when she does what you instruct her to do. Tell her that it pleases you when she savors the pleasure you are giving to her vagina. Tell her that it pleases you when she feels pleasure, and that the more pleasure she feels, the more it pleases you. If you truly do command respect with her, she will obey your commands, she will release all responsibility to you, she will discover the vulnerabilities of intimacy, and she will increasingly become receptive to the pleasure she feels.

Question:

My g/f cannot orgasm. She is 20 and went to an all girls private school if that helps. Whenever I am giving her oral, she gets to a point where it's too intense (legs shaking, shortness of breath) and makes me stop or slow down because it is too sensitive.

Women who were raised in a strict or religious background tend to go one of two ways. Either they become timid and inhibited, or they rebel by becoming wildly sexual. It sounds like your girlfriend went timid.

She does not have a high enough sense of deservedness to believe that she deserves the intense pleasure, and she is unable to surrender herself to the pleasure that her body is giving her. Here is what you do.....

1) Your voice is the most important thing at this point, so don't give her oral. Also, she is rejecting the intense stimulation that her clit is giving her. Instead, use your finger and stimulate her deep spot.

2) Don't talk about orgasms. That eliminates her perception that she has to accomplish something for you. Thus, with no goal, it is just about intimacy and sharing.

3) Instruct her to surrender to YOU. This takes the responsibility off of her for the pleasure, and helps to eliminate guilt. This is especially important for girls from a strict or religious background.

4) Take command and drive like a man. When in the bedroom, tell her to relax, that you want to savor her beauty for no other reason than the fact that you adore everything about her that defines her as woman, and tell her that it pleases you when she does what you instruct her to do. Tell her that it pleases you when she savors the pleasure you are giving to her vagina. Tell her that it pleases you when she feels pleasure, and that the more pleasure she feels, the more it pleases you. If you truly do command respect with her, she will obey your commands, she will release all responsibility to you, and she will increasingly feel the pleasure that she knows you want her to feel, and there is only one possible conclusion to cum to.

If that doesn't work, you might want to refine your selection criteria for choosing women.

Question:

My girlfriend has told me that she has never really had a "full-on" orgasm during sex. So I want to give her her first orgasm. She is very sexual and has a high sex drive. She says that I drive her "crazy" in bed. I know that I am the best lover that she has had. Her past boyfriends were sexually inexperienced.

I know how to drive her absolutely wild in bed, to the point where she is biting me, scratching me, etc. However, it seems that whenever the sexual stimulation reaches a climactic point she pushes me away. I have asked her why she does this and she coyishly says it is because her body is feeling so tingly that she feels like she is going to "internally combust". I have asked her how it would feel if she were to "internally combust", she says that it would feel "freaky". Do you have any ideas on how I can get her to feel free to enjoy the experience, and embrace the prospect of "internally combusting"? How can I get her

to view this as an exciting experience that she would enjoy and not something that she should be afraid of. I need to get her to feel comfortable with the intensity that she is feeling.

I have tried reframing it for her. I get a good response, she tries to hold out for longer before she pushes me away, but eventually she caves in before I can make her cum.

Many women are not able to orgasm because they do not have the sense of deservedness enough to believe that they deserve it. Some because they don't trust themselves enough. Some because they do not dare allow themselves to loose control.

You have to teach her to loose control to YOU when she gets close. That is why trust and comfort are so very important.

Here's what you do...

1) First off, don't give her oral. Your voice is the most important thing at this point. Instead, use your finger and stimulate her deep spot.

2) Don't let her bite you and scratch you. She is putting on a show to show you that you are exciting her, but it is in actuality serving to distract her from the pleasure. Tell her to relax. Only reward proper behavior. If she starts biting and scratching, stop what you are doing and remind her to relax. When she does do as you instruct, continue.

3) Don't talk about orgasms. That eliminates the perception that she has to accomplish something for you. Thus, with no goal, it is just about intimacy and sharing. You have to get her into the frame of intimacy and sharing. And whatever you do, never use the term "internally combust." That has scary connotations for her.

4) Instruct her to surrender to YOU. This takes the responsibility off of her for her pleasure, and helps to eliminate any fear she might have of the pleasure. But most importantly, she is to discover the vulnerabilities of intimacy. It is supposed to bring you two closer together.

5) Tell her that you want to savor her beauty for no other reason than the fact that you adore everything about her that defines her as

woman. Tell her to relax. Tell her that it pleases you when she does what you instruct her to do. Tell her that it pleases you when she savors the pleasure you are giving to her vagina. Tell her that it pleases you when she feels pleasure, and that the more pleasure she feels, the more it pleases you. If you truly do command respect with her, she will obey your commands, she will release all responsibility to you, she will discover the vulnerabilities of intimacy, and she will increasingly become receptive to the pleasure she feels.

All of this is only possible when she trusts you and when she has respect for you. She must take you seriously. And a lot of that has to do with all that you do outside of the bedroom. Like my girlfriend told me once: "It is the man you are outside of the bedroom that allows me to be all the woman I can be inside the bedroom."

Question:

Approximately 70% of women never once, during their entire lifetimes, reach orgasm from the stimulation of vaginal intercourse alone. Even among the other 30%, climaxing with each and every sexual act isn't a given. So, after loads of foreplay, get your finger, get your lube, and give her enough clitoral stimulation to make her jump all over the bed.

Every physically and mentally healthy woman can be trained to orgasm from vaginal intercourse alone.

First, stay away from the clit. That only reinforces her clitoral dependency.

Next, awaken her vagina. Use the deep spot, with a heavy application of dirty talk, to give her her first vaginal orgasm. On subsequent nights stimulate less of the deep spot and more of the wall of the vagina to bring her to orgasm, making her vagina even more responsive to stimulation. Next, use a commanding voice to train her to have multiple orgasms from vaginal stimulation. The next night get her close with your finger, then replace your finger with your cock, fire off the usual dirty talk anchors, and bang, she orgasms in intercourse. On subsequent nights, fuck her silly while firing off the

same anchors, and she comes multiple times in intercourse. Then she's unstoppable. Every time results in many vaginal orgasms.

Give a woman her first orgasm in intercourse and she will fondly remember you always.

Oh the contributions to the fulfillment of all women we must make. It seems a man's job is never done.

Question:

I don't have your book, but I have had much better luck using the G spot on my girlfriend than the deep spot. With the G spot I can regularly give her orgasms, but massaging her deep spot is seen as unpleasant. And she always comes with me vaginally.

Excellent! That's the way it's supposed to be.

If your woman says that massaging her deep-spot is unpleasant, but you are able to give her orgasms using the G spot, then good. And if she is regularly vaginally orgasmic in intercourse, then great!

Some women arrive on the scene with the ability to regularly have vaginal orgasms. Maybe she always was that way. Or it could be that she had an ex-boyfriend that she was wildly crazy about, and he gave her her first vaginal orgasm using the G spot. If so, use that!

That may or may not be true for the next woman you are with. If the next woman is unable to have a vaginal orgasm, then keep the deep spot in mind. And be sure to verify against the diagrams of the deep spot that I provide, to make sure that you are doing it correctly. Some men think the deep spot is the cervix, which is not the case. For most women, stimulation of the cervix is unpleasant.

Question:

I gave my girlfriend her first clitoral orgasm and later after reading your "Masterful Lover Manual" gave her vaginal orgasms. She does not orgasm every time we have sex as she "tries too hard" (her words) and now I believe we have inadvertently made the orgasm a goal.

Here's an idea for you to do on your woman.

Use the method described in "The Welcomed" method (but don't tell her what you're up to!)

Tell her "Tonight there will be no goal. I am just going to spend time savoring giving you pleasure."

And then do "The Welcomed" method. But DON'T let her come!

"Baby, I don't want you to come. I want you to savor this pleasure that I am giving you." She will be in delirious pleasure. Make it slow. Make it drawn out.

She will beg to be able to come. Don't let her. After she has begged for 20 minutes, then say to her:

"Baby, do you want to come?" "YES!"

"Baby, do you want to come really hard?" "Yes!"

"Baby, if I make you come, will you show me how hard you can come for me?" "YES!"

"Baby, in a moment, I am going to make you come. And when I do, I want you to show me how fucking hard you can come for me Baby. OK?" "Yes!"

Make your strokes hard and fast.

"Ok Baby, I want you to show me now how fucking hard you can come for me now. Come for me NOW Baby. Come Now!"

Use her performance anxiety to get to the goal anyway.

Do this over a few nights and it will make orgasms much more fun and attainable.

Over time do the same with the deep spot to awaken her responsiveness in intercourse.

But always, sweep her away to a sexual state, and make it such that she surrenders to you completely. For more about that, see David Shade's Manual.

Getting Things Started

There is nothing more natural than a man and a woman getting together. It's what we were meant to do.

All social interaction between a man and a woman is sexual at the very core. It is the first criteria each judges the other on.

The man is the masculine compliment to her femininity. The woman is the feminine compliment to his masculinity.

Women first want to be appreciated for those things that can only be appreciated after getting to know her well, such as her character, her integrity, etc.

Only after getting to know her well does she want to be appreciated for those things that are appreciated upon first inspection, such as her breasts, her ass, etc.

So when you first meet a woman, appreciate her for her personality, but be comfortable with the fact that when she is close to you she wants to be appreciated for the sexual creature that she is.

You must disassociate her looks. Do not give her undue credit for something that has nothing to do with who she is as a person. A man who idolizes a woman for her looks is no different than a woman who idolizes a man for his money.

Respect the fact that she wants to be treated with respect in the living room, and respect the fact that she wants to be treated like the sexual creature that she loves to be in the bedroom.

It is not about outcome. It is about complimenting and completing. It is about appreciating the sexual potential in a woman and bringing that out in her.

You are a sexual threat, in that she knows that you can make her feel powerful feelings and you can make her think powerful thoughts.

Lubricate the slide to sex

The lubricant on the slide to sex is romance and emotional intimacy.

Too many men are afraid of romance. That is because they are not comfortable with their own sexuality and the part they play in it.

Too many men are afraid of intimacy. This can be due to one of many reasons. Some are afraid that their real self will show through because they are not comfortable with themselves. Some are afraid of closeness. Some are afraid of appearing weak. But it is a manly masculine thing to do that calls upon strength.

Make her feel sexy

For her to feel sexy with you, she must feel like a woman. That means that you must be a MAN.

You must be comfortable with yourself. That means lack of self doubt. That means complete self assuredness.

Be comfortable with her. Be comfortable with that fact that she is a highly sexual being.

Treat her like a lady, while you have confidence that the natural woman in her will come to life.

Be chivalrous, gentlemanly, manly, protective. Play the MAN's role.

When comfort has been established, admire her beauty.

When intimacy has been established, show her that she excites you.

And, always, always abide by the "It just happened" clause. She should always be able to later justify it by saying "It just happened."

Here is a question from one reader with a concern. A lot of guys probably wish they had his problem:

This is a one night stand question David, so I know it's not completely what you do, never the less,

A couple of nights ago, I seduced a young lady. First I jumped into the Jacuzzi naked, she followed my lead. We made out. Later we go off to the bed and start kissing some more. Things escalate and I

eventually go for the deep spot. And it is at this point that she says twice: fuck me fuck me. So that happened and it was quick and basically that was that.

My question, or concern really, was that it really wasn't all that appealing to me. Personally I would have rather taken it slow and let it slowly build to the point of climax. Then again it was a one night stand. So any suggestions would be much appreciated.

One night stands are not what I specialize in. Sure, I've done them, we all have, especially in our early 20s. But I find them to be shallow and empty, eventually, as I will discuss in a minute.

With one night stands there is not the opportunity to do the advanced sexual techniques, and there is not the opportunity to establish the trust and emotional interaction needed for the advanced stuff.

The sad part is that you may never see her again. That is due to "The One Night Stand Clause." That states that if a woman has sex with a man the first night she meets him, she never sees him again. She knows that she did something "slutty" and knows that the guy will think of her as "a slut."

Furthermore, when she has a one night stand with a guy, knowing full well that she will never see him again, she has made the conscious decision to have less respect for him. She does not consider him good enough for a relationship, she only sees him to be good enough for a one night stand.

There are exceptions, but don't bet your money on it.

There is no way to "slow down" a one night stand if the woman insists on getting fucked. Telling her to slow down would only piss her off.

If you meet a woman and you two end up in your bedroom on the very night you meet, but you would like to see her again, then you might wonder if you should hold off intercourse. It is a chance you take. It can go either one of two ways:

If she wants a one night stand and has no interest in seeing you again, she is going to get pissed off and leave and never see you again anyway.

If she wants to see you again, she is going to adore that you wanted to wait.

So it's a chance you take.

You might wonder if there is a way to tell if she wants a one night stand or not. If a woman wants a one night stand, she's not going to say it because that would be her defining herself as a slut. If a woman doesn't want a one night stand, but instead wants to see you again, she simply will not let things escalate to intercourse.

So, basically, if she stops you, she probably wants to see you again. If she doesn't, then she probably considers you a one night stand.

(Proverbial legal caveat: No means No. Stop means Stop. If she doesn't want to continue, you must stop. To do otherwise is a criminal offense with extremely serious consequences.)

The biggest reason why I don't like one night stands is because if I like her and I sleep with her, but then I don't get to see her again, then that really hurts.

Most women feel the same way. Most of them are sick and tired of being humped and dumped. Sure, they had one night stands, especially in their early 20s, but it is usually a brief period.

And of course, in all of this discussion, I am talking about mentally healthy women with good self esteem. And of course I am assuming that you only pursue mentally healthy women with good self esteem.

Here is a question from another reader:

I've been reading a lot of your material, it's certainly helped me to have more fantastic one-night stands (many, many of these!) - I still feel that I'm having trouble turning these into relationships though - I'm not sure if I'm going too far on the first night (i.e. offering everything, becoming a girls dirty, domineering fantasy straight away) or, perhaps more likely, mishandling things over the following days (I normally text the girl within 48 hours).

Was just wondering what you thought about

1)how far to go on the first night, and

2)how to handle the follow-up if I am interested in repeating the night, with the possible view to turning it into a relationship (gradually of course)....

Its not that I go explicitly puppy-love on the girl straight away, far from it, but after a great night I can't help feeling enthused and texting sooner and perhaps more excitedly than I would otherwise, fearing that it will go dead if I don't.

Most men eventually find a really exciting woman that they are very interested in and wish they could see more. Unfortunately, that outcome seems to elude some of those men.

In order to feel those really deep emotions that are really exciting, and in order to do the "really advanced" stuff, it requires an interaction that goes far beyond one night. So let's talk about how to make that happen.

Now to answer your two specific questions:

1) how far to go on the first night? If you want to see her again, do NOT go all the way on the first night!

2) how to handle the follow-up? If you violate 1), then no matter what you do for follow up, you won't see her again. Usually.

From your email, it sounds like you regularly violate number 1).

Women tend to put men into categories - one night stand, relationship material, fuck buddy, just a friend, loser. And there is no overlap. If she wants a one night stand, she never sees him again. If she wants him for a relationship, she works on earning his respect.

Women categorize men

We as men tend to categorize women into two categories; do-able, and not do-able. If she is in the do-able category, and we have respect for her beyond just sex, then we become vulnerable to her relationship seduction. And women know that.

Most women would ultimately like to be in a fulfilling relationship with one man that she is wildly crazy about and share her life with.

But she also knows that she will have to go through many experiences to find exactly what she wants in a man. And she certainly isn't going to wait for Mr. Right to show up just so she can have sex. And her tastes will change with time. And maybe she does not yet want to share her life. So she tastes men along the way. If she meets a man that she likes, she may very well hook up so that she can have a sex life.

But how do women categorize some men into either the one night stand category or the relationship category? You may notice that some men you know seem to attract only one night stands. And other men will always have a steady girlfriend. It could be that women viewed them as being in a certain category. What made the women see that in them? If you look closely at the men that you know, you will find that it has to do with how the man presents himself.

Women go with what works for them

Women will go with what works for them at the time. You certainly do. If she finds a man who could be an exciting one night fling, she just might go for it. If she sees him as possible relationship material, she just might entertain that.

If you have always been presenting yourself as a one time exciting alternative, that is how women viewed you, and sometimes took you up on it. And that is all.

So, how do you present yourself as exciting, but not just a one night fling? The answer lies in the psyche of women.

If you want a woman to invest in you, you have to give an indication that there is an advantage for her in seeing you again. And what would that be? To feel all those things she could feel by being in an exciting relationship.

Women may not know it, and most of them certainly cannot articulate it, but what she is really looking for in a relationship are four things...

Four main things a woman needs

First, she needs to feel appreciated for the unique individual that she is. She needs to feel special, unlike any other woman.

Second, she needs to feel that deep intimate emotional connection. She needs to have that emotional intimacy with her man.

Third, she needs to feel like a woman. She needs to feel beautiful, sexy, and feminine. She needs to enjoy all those things that comes with being a woman.

And finally, she needs hot passionate sex. She needs to be seduced, enticed, teased, and satisfied, over and over again. She needs to experience new things, in new ways, including fantasies and roles. It makes her feel alive.

In order for all those things to become true for her, she needs a man she can respect. If she has respect for him, she will see him as more than a one night fling. She will see him as an investment. You already know that in order to seduce a woman, you have to have rapport, attraction, comfort, etc. But if you want to see her again, you gotta have good old fashion RESPECT.

RESPECT!

Burn that word into your brain. Consider that word in everything you do.

Command respect. Demand that you be treated with respect. Treat others with respect. Associate only with those people who treat you with respect. Be assertive when need be.

And finally, treat yourself with respect. Nobody is going to respect you unless you have respect for yourself. You are not going to be able to respect others unless you have respect for yourself.

It all goes back to self respect.

I discuss all of this and more in my one hour long audio CD called "How To Set The Foundation For A Wild Sexual Relationship" where I tell you the things you need to work on, why they are important, and specific examples of things to DO.

Kegel Exercises

Kegel exercises strengthen the PC muscles. The PC muscles are the pelvic floor muscles that connect from the pubic bone in the front to the tail bone in the back.

You know those muscles as the muscles you contract to stop a stream of urine midstream. She also knows them as that, but she also knows them as the muscles she can contract to clamp her vagina down on your penis.

You need to do them as well. Strong healthy PC muscles are synonymous with a healthy vibrant sex life.

Kegel exercises are performed by contracting the PC muscles.

Have her isolate her PC muscles. She must contract only the PC muscles, and no other muscles, or she will become tense and tired. It will take concentration. First learn to isolate. Relax all other muscles and then contract only the PC muscles.

It is important to occasionally exercise the PC muscles when an object is in the vagina, such as her finger, or a small flexible sex toy from an adult store, or even your penis.

Be sure she learns to relax the PC muscles as well, or they can become so tense as to prevent penetration. During the resting part of the exercise, push out, as if to defecate, in order to ensure that the PC muscles truly have relaxed.

At points during the exercises, stop to completely relax again, to get an inventory of any other muscles that may have become tensed up. Do not continue until all muscles are relaxed.

Done incorrectly, this exercise can cause tension, discomfort, even headaches, which will cause her to loose interest in the exercises.

Here is how to do the Kegel exercises. It does not need to be done exactly like this. Lighten up if there is any discomfort. Do more if possible.

Contract the PC muscles for three seconds and then relax them for three seconds. Repeat. Do this for 10 minutes. Do this twice each day.

Each day increase the number of seconds of contraction and relaxation by one second, up to a maximum of 10 seconds. Equal amounts of contraction and relaxation. Increase the duration of the exercises up to a maximum of 20 minutes.

After two weeks, there will most likely be a significant increase in PC muscles strength. Maintain healthy PC muscles by continuing a portion of the exercises on a consistent basis.

It is important for her to occasionally practice the exercises with a small flexible toy, or her finger, in her vagina, in order to gauge that the exercises are being done properly and to check on their progress. Occasionally have her clamp down on your penis and commend her on her vice like grip.

Her Kegel exercising will dramatically increase her squirtage. Continued Kegel exercises for continued PC muscles strength is required to maintain maximum squirtage.

Product Recommendations

I have purchased and tested many products. The ones I can highly recommend are listed here.

"The G Spot and Other Discoveries About Human Sexuality" by Ladas, Whipple, and Perry. Copyright 1982. ISBN 0-440-13040-9. 236 pages. $7. The sexual revolution may have begun in the 1960's, but the sexuality evolution began in the early 1980's, with work such as this book. It has an entire chapter on female ejaculation, which is very informative. It also has chapters on the PC muscle and other good stuff. If you want to teach your woman to squirt, this book is the classic reference.

"Squirters 2" by Seymore Butts. If you want to see how much a woman can ejaculate, rent this movie. You will be amazed. Study Seymore Butts. He has a very healthy relationship with women. You will see why the women like him.

"ESO: How You and Your Lover Can Give Each Other Hours of Extended Sexual Orgasm" by Alan Brauer and Donna Brauer, Copyright 1983, ISBN 0-446-38645. 226 pages. $14. Another great from the sexuality evolution of the 1980's. If you want to make your woman come continuously for one hour straight then this book is the classic reference.

"Dangerous Men and Adventurous Women." Edited by Jayne Ann Krentz and copyright 1992 by University of Pennsylvania Press, 186 pages. ISBN 0-8122-1411-0. Mark Cunningham suggests we read this. It is a collection of essays by 19 leading romance authors on the appeal of the romance novel. Describes all the traits of the romantic hero.

"A Passion For More" by Susan Shapiro Barash. Copyright 2001 Berkeley Hills Books. ISBN 1-893163-24-5. Ross suggests we read this. The stories of 57 women and what drove them to have extramarital affairs. In almost every case, the woman's thoughts are consumed by the man with whom she has the exciting sex.

"Private Thoughts" by Wendy Maltz & Suzie Boss, c 1997, 2001, ISBN 1-57731-146-9, first printed in 2001. This book presents an outstanding thesis on the why and how of female fantasies.

"Story of O" by Pauline Reage, 1954. ISBN: 0345301110 It is a true story written by a woman under a pseudonym, but whose identity was revealed in 1994 as Dominique Aury. Considered the classic reference for BDSM.

"9 1/2 Weeks A Memoir of a Love Affair" by Elizabeth McNeill, 1978. ASIN: 0425103846. It is no longer in print, and used copies in good condition sell for ten times the original price. It is a true story also written by a woman under a pseudonym, but whose identity has never been revealed.

“Different Loving: The World of Sexual Dominance and Submission” by Gloria G. Brame, Jon Jacobs, Will Brame, c 1996, ISBN: 0679769560, Publisher: Villard Books.

“The Erotic Mind: Unlocking the Inner Sources of Sexual Passion and Fulfillment” by Jack Morin, c 1996, ISBN: 0060984287, Publisher: Perennial.

“Arousal: The Secret Logic of Sexual Fantasies” by Dr. Michael J. Bader, ISBN: 0312269331, c 2002, Publisher: Thomas Dunne Books.

"Think and Grow Rich" by Napoleon Hill, c 1960, ISBN 0449214923. The greatest book I have ever read. Hill worked with and studied the great captains of industry, such as Carnegie, Edison, and Ford, and documented all the steps to success. His book is to billionaires what Machiavelli's "The Prince" was to kings.

"Energy Medicine" by Donna Eden. Copyright 1998. ISBN 1-58542-021-2. 378 pages. $17. This is the best book on Energy. Amazing stuff. Though Eden does not describe how Energy can be used for enhanced sexuality, I have used what I learned in her book, along with knowledge gained from some Tantra and Sexual Magick books, to use Energy to enhance a woman's orgasms. It is beyond pleasure.

Special thanks goes to Jim Thomsen at the Key West Institute for Tantra Studies. He and Dr. John Perry are co-authoring a follow up to the original G Spot book. Look for "The G Spot Revisited" to be printed soon.